



I'm gonna be famous! Daycare providers gathered at the Wilmington Post Office on Tuesday morning to send Congressman Peter Torkildson empty plates in an attempt to get him to change his vote on the school lunch program. A photographer from Newsweek, Ira Weimer, was on hand. Here he is immortalizing Diane LePore and her charges (front to back) Stephanie, Liam, Fiona and Jessica. To the left are Pat Triscall and Kevin. To the right Lee Brooks can be seen.

Special education draws questions School budget up 8 percent

by Linda Jarossi
Superintendent Geraldine O'Donnell submitted a \$14,453,348 budget for the fiscal year 1996 to the school committee for approval at last Wednesday's meeting. The committee voted unanimously to support her recommendation.

This budget represents a \$1.1 million increase over last year's \$13.3 million. O'Donnell explained that early on in the drafting process they developed a "budget of need" which outlined "what is needed in our schools to provide our students with a curriculum of excellence as we face the challenges of the 21st century." The cost of that budget represented a 22 percent increase over last year, whereas the final version of the budget represents an 8.24 percent increase.

There was a fair amount of discussion regarding the \$442,000 increase in the funding for special education. The total amount requested was \$2.25 million. One

parent, Lynn Guzinski, said that she felt with the busing crisis that many parents are facing, the school committee "has to look at its priorities here."

Leane Schofield, another parent attending the meeting, said that Massachusetts spends much more on special education than federal guidelines require, and that she has looked at surrounding towns and feels Wilmington is spending more.

Committee member Robert Young said, "we have to go by the laws we're mandated by." He added, "Our hands are locked because of state and federal law."

Chairman Paul Palizzolo said he felt that Special Education Director Cleo Fredette has worked to reduce costs where he could but that the money has to be there for students who need it.

Another issue the committee discussed was the reopening of the Boutwell school which will be used as a kindergarten center to help

alleviate overcrowding problems. Young noted that this is only a short term solution, but added that it is one the committee feels comfortable with. "parents need to be assured the education (there) will be comparable to that in other schools."

In a report on the budget O'Donnell said, "Overall, the recommendation to use the Boutwell as a Kindergarten Center presented in this budget is the best solution for the school system as a whole." Later in the report she assured that children will be able to be taught by the same teacher they would have in their elementary school, as well as be grouped with students which will transfer to the same schools.

In their vote to accept the superintendent's recommended budget the committee also voted to support the use of the Boutwell School as a kindergarten center."



Shawsheen School fifth graders performed skits as part of the DARE anti-drug program. Here, Jeremy Gillis simulates a drug overdose while Mark Krasnyansky diligently does homework. The other two members of this student-designed skit were Brandon Courtois and Anthony Roux. DARE Officer Chip Bruce, who administers the program, looks on (photo by Jeff Nazzaro).

McCoy would open second restaurant

by Jeff Nazzaro
Wilmington Selectmen Chairman and local restaurateur Michael McCoy plans on opening a new, "small, upscale restaurant" at the site of his former home on Lowell Street, which stands less than one-quarter mile from his Michael's Place establishment.

McCoy, who will maintain Michael's Place along with the new restaurant, has petitioned Annual Town Meeting for an article that would rezone his parcel of land near the corner of Cross Street from Residential 20 to Central Business District. McCoy currently rents the house out.

"I think Wilmington's looking for a nice little upscale restaurant at Wilmington prices," McCoy stated

Monday night following the selectmen's meeting.

McCoy said the full-service eatery would feature "great food at pub prices," with entrees in the \$10 range. He said the menu would be different from Michael's Place, which features, pizza, subs, and fried seafood.

The new establishment would serve general fare, including Italian specialties, steaks, and chops.

McCoy said the decision to open a new restaurant has come with his family in mind.

"I have three children now, and I hope someday they'll come in and take over," he said.

But first he has to gain the necessary approvals, starting with town meeting rezoning. McCoy said he is not worried, however,

citing all direct abutters - except neighboring Tectron Defense Systems, who he has not contacted - to the property as supporting the rezoning move. Tectron is zoned as General Industry.

McCoy said that if he gains a favorable town meeting response, he will move ahead with the restaurant plans "as soon as [he] can."

But don't expect a new Michael's Place as soon as this year.

"I'll go through the process like everyone else, and hopefully it will become successful," he said.

McCoy has operated Michael's Place since 1984 and lived on Lowell Street from 1986 until last year, when he bought a new home on Treasure Hill Road, in North Wilmington.

Make-A-Wish dance earns \$9000

by Cathy Pacini
The Friends of Make-A-Wish held a benefit dance Saturday evening, February 25, at the Knights of Columbus Hall in Tewksbury and raised \$9000.00 for the Foundation.

The Make-A-Wish Foundation is dedicated to granting the favorite wishes of children between the ages of two and a half and 18 who have been diagnosed with life-threatening or terminal illnesses. They strive to provide a meaningful and carefree experience for the child and lasting, positive memories for the entire family. They fulfill wishes with the hope of offering a welcome respite and just plain fun.

The Foundation fulfills many different types of wishes although the majority fall into four categories; visiting Walt Disney World, special trips, meeting celebrities or receiving a special gift.

Maureen Carroll presented a check to Tom Conroy volunteer of the Boston Chapter of the Make-A-Wish Foundation, in memory of her sister Colleen O'Brien, who was the first child in

the Boston area to have her wish granted. Colleen's dream was fulfilled when she and her entire family spent two weeks together during the summer of 1987 at York Beach, Maine. Colleen succumbed to her illness on November 1, 1987.

Colleen lived on Cottage Street in Wilmington with her mother Pat, brothers Billy, Tommy, John and Jamie and sisters Donna, Maureen and Patty.

Through the efforts of the O'Brien family, the generosity of many businesses, relatives and many friends and the 300 guests in attendance, who helped make the fundraiser a success, other children will have their wish come true.

The Make-A-Wish Foundation of Greater Boston was organized in 1987 and serves children living in Eastern Massachusetts. Since its creation, the Boston Chapter has fulfilled over 350 wishes.

The Make-A-Wish Foundation of Greater Boston does not use professional fundraisers. The organization does not allow telephone solicitation for funds and does not authorize such solicitation on its behalf.

Child seeks post cards

by Jeff Nazzaro
Sometime after the birds fly south, postcards begin to fly north (birds ain't the only ones with brains), particularly from sunny Florida. This year, why not try something different: send a postcard from Massachusetts to Florida.

Autumn Unsworth, a fifth grader in Ms. New's class at Big Cypress Elementary School in Naples, Fla., is in the midst of a school project. Her class is currently learning about the different states making up our nation.

And out the 49 others remaining, Autumn chose ... well, first Hawaii and then California, but those were taken and the hands-down favorite for Miss Unsworth became our beloved Bay State - hey, we know we too look at Hawaii and then California before settling on Florida for our winter sun....

So why our state? Well, this is where her roots are, you could say. Autumn's mom, Debbie, is originally from Wilmington, while dad Tom hails from Wakefield.

To kick off her project on

Massachusetts, which will include a complete, written report, Autumn sent a letter to the Town Crier that ran in the Feb. 1 edition. In the letter, Autumn asks if residents would please send postcards showing and telling about Massachusetts. Over a month later she has received only three postcards - two from Tewksbury and one from Wilmington - and two of those are identical.

"If you can, please send in postcards. I'd love to get a lot," she says in a follow-up letter sent to the Crier this week.

Any Massachusetts postcard will do, depicting present scenery or past history. Heck, send her a blank, prestamped jobber from the post office to show her and her classmates what it usually looks like up here in the winter.

Postcards depicting or telling about the great state of Massachusetts can be mailed to Autumn Unsworth c/o Ms. New, 3250 Golden Gate Blvd. W., Naples, FL 33964.



Amanda Robichaud, 3 1/2, enjoys Monday's beautiful weather with a spin on the tire swing at playground next to the Wilmington Police Station (photo by Jeff Nazzaro).

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School lunch menus

Wilmington schools

Week of March 20
Elementary

Monday: Frankfurt on a roll, French fries, seasoned green beans, chilled fruit, milk/juice, cake with frosting.

Tuesday: Lucky plate day. MacWilmington (hamburger or cheeseburger on a roll), pickle chips, French fries, seasoned vegetable, chilled fruit, milk/juice, ice cream.

Wednesday: Chicken nuggets with barbecue, sweet and sour sauce or honey, whipped potato, seasoned peas, chilled fruit, milk/juice, Jello with topping.

Thursday: Chef's salad (tossed salad with turkey, ham and cheese strips), soft pretzels, chilled fruit, milk/juice, brownie.

Friday: Champs pizza, seasoned vegetable, chilled fruit, milk/juice, ice cream.

Middle schools

Monday: Frankfurt on a roll, French fries, seasoned green beans, chilled fruit, milk/juice, cake with frosting.

Tuesday: Lucky plate day. MacWilmington (hamburger or cheeseburger on a roll), pickle chips, French fries, seasoned vegetable, chilled fruit, milk/juice, ice cream.

Wednesday: Chicken nuggets with barbecue, sweet and sour sauce or honey, whipped potato, seasoned peas, chilled fruit, milk/juice, Jello with topping.

Thursday: Turkey fajitas (2), (turkey, peppers, onions and tortilla shell), fluffy rice, seasoned corn, milk/juice, whipped dessert.

Friday: Italian style pizza, pepperoni optional, seasoned vegetable, chilled fruit, milk/juice, ice cream.

High school

Monday: Ravioli and sauce, tossed garden salad, chilled fruit, milk/juice, Jello with topping.

Tuesday: Chicken nuggets, with barbecue, sweet and sour sauce or honey, creamy mashed potato, seasoned vegetable, chilled fruit, dessert; superline \$1.50 taco bar.

Wednesday: Hot dog bar (frank and roll with choice of chili, baked beans, onion, mustard relish, ketchup, sliced tomato, shredded lettuce, grated cheese, chilled fruit, milk/juice, dessert).

Thursday: Turkey dinner, creamy mashed potato, seasoned mixed vegetables, cranberry sauce, roll and butter, milk/juice, snack cake.

Friday: Baked potato bar or Italian style pizza, seasoned vegetable, chilled fruit, milk/juice, ice cream.

Alternate lunch is available in all schools daily.

Tewksbury schools

Week of March 20
Elementary

Monday: North Street parents day for 4th grade, pasta bar, choice of assorted pasta with meat sauce, garden green beans, hot homemade roll, frosted spice cake and milk.

Tuesday: Daffodil Day, eat healthy, fight cancer; chicken pattie on bulkie (barbecue or plain), with lettuce and tomato, vegetable sticks, apple and milk.

Wednesday: Baked macaroni with cheese, assorted mixed vegetables, hot buttered roll, ice cream and milk.

Thursday: Dewing, Heath Brook and Trahan parents day for fourth grade, chicken teriyaki strips, fluffy rice, garden peas or carrots, hot roll, fruit and milk.

Friday: Juice or fruit, tomato and cheese pizza with pepperoni or meat topping, garden green salad, milk, dessert.

Second choice lunch is available in all schools daily.

Middle and Memorial High

Monday: North Street parents day for 4th grade, pasta bar, choice of assorted pasta with meat sauce, garden green beans, hot homemade roll, frosted spice cake and milk.

Tuesday: Daffodil Day, eat healthy, fight cancer; chicken pattie on bulkie (barbecue or plain), with lettuce and tomato, vegetable sticks, apple and milk.

Wednesday: Baked macaroni with cheese, assorted mixed vegetables, hot buttered roll, ice cream and milk.

Thursday: Dewing, Heath Brook and Trahan parents day for fourth grade, chicken teriyaki strips, fluffy rice, garden peas or carrots, hot roll, fruit and milk.

Friday: Juice or fruit, tomato and cheese pizza with pepperoni or meat topping, garden green salad, milk, dessert.

Alternate lunch is available in all schools daily.

Shawsheen Tech

Week of March 20
Line III

Monday: American chop suey, tossed salad, hot roll, fresh fruit and milk.

Tuesday: Chicken nuggets with dipping sauces, mashed potatoes, vegetable, fresh fruit, milk.

Wednesday: Chinese pork chow mein, crispy noodles, white rice, French bread, pineapple tid bits, fresh fruit, baked dessert and milk.

Thursday: Baked barbecued chicken, baked potato, mixed vegetable, hot roll, fresh fruit, milk.

Friday: Italian style pizza, tossed salad, fresh fruit, ice cream treat, milk.

Two alternate lunches are served daily.

WHS students of the month

Amy Hermann, daughter of Mr. and Mrs. Paul Hermann and Joseph Martiniello, son of Mr. and Mrs. Mario Martiniello, have been named Students of the Month for February at Wilmington High School.

Amy Hermann

Amy has been a co-captain of the high school volleyball team and a tri-captain of the tennis team since her junior year. She is a member of Bread and Roses, SADD, and Peer Leadership. Amy plans to major in accounting or finance and hopes to attend either Bryant College of Merrimack College in the fall.

Joseph Martiniello

Joseph is currently active in school. In his junior year he was co-captain of the winter track team and since his freshman year, has participated in winter and spring track. He is currently a varsity runner and attended the States. Joe also has contributed to organizations such as SADD, Peer Leadership, and BPA. He is employed part time at Dunkin' Donuts. He plans to major in marketing or management.

Girl Scout Cookies sales in Tewksbury

March 16: K-Mart Stadium Plaza, 6 to 8:30 p.m.

March 17: K-Mart Stadium Plaza, 6 to 9 p.m.

March 18: K-Mart Stadium Plaza, 10 a.m. to 6 p.m.; Tewksbury Hardware, Main Street, 8:30 a.m. to 5 p.m.

2 p.m.; Market Basket, Stadium Plaza, 8:30 a.m. to noon.

March 19: K-Mart Stadium Plaza, noon to 6 p.m.

March 25: Market Basket Stadium Plaza, 8:30 a.m. to 1 p.m.; Market Basket Oakdale Mall, 8:30 a.m. to 1 p.m.

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Tech wins 31 medals at District VICA contest

Thirty-one students from Shawsheen Tech including several from Wilmington and Tewksbury, took part in North District competition of Vocational Industrial Clubs of America (VICA) on March 6 in Wakefield where about 500 students competed in written tests of technical expertise and knowledge of the VICA organization.

Tech gold medal winners included Andrew Smith of Tewksbury, carpentry; Sherry Milnes of Wilmington, cosmetology under 500 hours; Angela DiDonato of Tewksbury, medical assistant; Bill Doyle of Tewksbury, sheet metal.

Second place and silver medals went locally to Jason Gardner of Wilmington, air cooled gas engines; Kelly Cunningham of Tewksbury, medical assistant; Frank Bramanti of Tewksbury, metal fabrication and Todd Paquin of Tewksbury, sheet metal.

Third place winners, Daniel Cross of Wilmington, air cooled gas engines; Jeff Largenton of Wilmington, auto machine shop; Amy Hopkins of Tewksbury, graphic communications; Andrew Geddy of Tewksbury, medical assistant; Michael Porfido of Wilmington, residential wiring; Kristine Zarrella of Wilmington, typing; Phillip Florence of Wilmington, welding.

In addition to these qualifiers, the Tech will send students to competitions that do not have district tests, as well as leadership categories at the VICA State Leadership Conference.

This includes the secondary level Health Knowledge Bowl team with Shauna Napoli of Tewksbury, Melissa Merrill of Wilmington, and diesel mechanics competitors, including, Jeff Austin of Wilmington and Chris Froton of

Tewksbury; Outstanding Chapter, a club scrapbook, Tammy Sheehan of Tewksbury; cosmetology models; Deanna Barnaby and Sarah Bouchard of Tewksbury.

Gold medal winners at the state competition represent Mass. at the National Skill Olympics in June.

HOPE support group

Help Other Parents Endure (HOPE) is a peer support group for parents who have had a baby die through miscarriage, stillbirth or neonatal date. We meet the second Wednesday of each month at 7:30 p.m. at Baldwin Park II in Woburn (third floor). Call 729-9000.

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Editorial

Bill Hallisey gives a lesson

by Bill Conlon

A tip of the fedora to Bill Hallisey, for a gesture he made during Sunday's annual Blarney Roast at the Tewksbury VFW.

Hallisey, a 12-year veteran of the Tewksbury Board of Selectmen, had all candidates attending the Roast rise to be recognized. But instead of a round of applause, Hallisey told the political hopefuls that if they plan to become public servants, they could start by grabbing a tray from the VFW kitchen and serve dinner to the guests. And they did.

(No news photographer could ask for a better gift! Thanks, Bill!)

But Hallisey's gesture had another, deeper meaning. Oh, it was fun to see the "high and mighty" dishing out corned beef and cabbage, but the gesture had a grain of truth behind it.

Those elected to public office are indeed servants of the public. Forget the TV cameras at the selectmen's meeting, and the microphone at Town Meeting. Far more of a selectman's time is spent in midnight phone calls listening to gripes about a broken water line, or a barking dog. Or parents angry at the school lunch menu.

Selectmen, school committee members, state Senators, even Presidents, are elected to do the public's work. They spend the public's money, and the public expects them to spend it wisely. They pass measures and regulations that affect citizens, and citizens will let it be known when they disagree.

Just as a waiter or waitress must listen to gripes, so too will those elected on April 1 to serve the people of Tewksbury. Little praise, lots of gripes.

And of course, it helps to maintain a sense of humor, and humility, while in public office. Politicians must remember, always, that they are residents of the town, and neighbors, as well as public servants.

With emphasis on the word "servant."

Nice move, Bill.

10 years ago

Tewksbury

Tewksbury selectmen signed an agreement with engineering firm Camp, Dresser & McKee for preparation of plans for a 3.5 million gallon a day water treatment plant on the shores of the Merrimack River.

Tewksbury was one of 50 communities to participate in the governor's study which showed that 90 percent of 5,078 students surveyed used alcohol and 60 percent had used one or more illicit drugs.

In gearing up to fight the problem, Superintendent of Schools John Wynn said he had been in touch with Wilmington Superintendent Dr. Carol Sager, who was appointed by Gov. Dukakis to head up a statewide program against drug abuse.

Long time Tewksbury Lions club member and former Selectman Richard Morris was scheduled to be honored as Tewksbury's Man of the Year for 1984. The award was to be presented by the Tewksbury Chamber of Commerce.

The Board of Health ordered the

removal of dumpsters that stood next to self service car vacuum cleaner units at Haffner's gas station. The dumpsters were ordered from the site within 10 days because Haffner was allegedly operating an unlicensed transfer station for trash.

A portion of the problem stemmed from the fact that some area residents were using the facility (meant for travel trash) for the disposal of household rubbish.

Police made 13 arrests during a drunk driving detection roadblock. Three were placed under protective custody and later released.

The Tewksbury freshman girls softball squad was pictured after completing a fine 11-4 season: Leanne Babine, Amy DiRocco, Missy Catalano, Kerry Silk, Diane DeVita, Helene Rheault, Kelley Lightfoot, Laura Boldon, Stacy Whynot, Lisa Welton and Kathy Driscoll.

Donna Haines announced her candidacy for reelection to the board of library trustees.

Kate Conway, you're Special

by Richard DeRosas

It seems appropriate March is your birthdate

The weather turns warm, one of
your traits, Kate

On this special day of yours, we all rejoice

Wishing you the best, one and all in a resounding
voice.

We also wish you a healthy body, a mind of ease,
Free from worrying about educational monies to
squeeze.

Another wish that the rest of the year brings less
strain and stress

Making decisions that are sound,
resulting in happiness.

Birthdays, my friend, are a quality of mind.

Kate you have not left your dreams behind.

You have taken from the apple of life the best

Constantly striving to
accomplish your quest

Kate, speaking from experience,
you tell it straight.

Of this we happily agree,
there's no debate.

You breathed life into this school, it hums.

You joined all the parts to form a terrific sum.

Kate you're definitely your father's girl.

His brilliance and wit he passed on to you, his pearl.

So let this day bring you only kindly things.

A moment of joy and laughter forgetting life's
strings.

Let me end by saying you've shown you care
whether it be materials, love, direction, you're there.

But more than that, each day your happy face

Accepting challenges with class and singular grace.

Kate Conway, Principal Woburn Street School

I'm glad you're serving me!
As my public servant I'd like you to balance the budget, build the new library, cut taxes, keep the hospital school open, cut taxes, get new computers for all the schools, cut taxes and shovel my driveway.



Wells Fargo roots in Wilmington?

Harnden descendant in the express business

by Capt. Larz Neilson

When the railroads of Massachusetts started, about 1835 and in later years William Frederick Harnden of Reading was selling tickets at the Worcester end of the Boston & Worcester Railroad. He was described as a slender, delicate, undersized young man. After selling railway tickets he decided on a more robust way of life and he became a railroad conductor.

Harnden was not the first person who carried express on the trains, for a man named David Brigham had a contract with the Boston & Worcester. Brigham bought the use of a railroad seat, each way everyday in which he conducted his business. Brigham was the first to have a contract with the Boston & Worcester. After a while he discovered he had competition.

Harnden, the conductor, was also in the business. He had been in the business for quite a while, and Brigham finally quit.

In 1838 Harnden decided to expand his business. He talked with officials of the Boston & Providence Railroad. He also talked with the people who ran a line of steamboats between Providence and New York City.

He seems to have been the first man who had a business of carrying express between New York City and Boston. In 1838 he owned a company which was called the Boston & New York Package Car. He set up an office in each city. In New York he had his brother Adolphus as his agent.

The two brothers seem to have set up a two way schedule. One would leave New York at about the same time as his brother was leaving Boston. The travel was on the Boston to Providence train, and on steamships between Providence and New York.

There were many steamships in Long Island Sound. Daniel Webster at one time called Long Island Sound the "Mediterranean of America" because of the many ships and the sheltered passage.

There came a time when the

passenger vessel Lexington burned, in Long Island Sound. It was a bitterly cold night and a spectacular fire. The ship sank, and many lives were lost, including those of all the officers.

The Lexington was loaded with cotton, for the mills of New England. The cotton burned with an almost explosive force. One hundred and twenty-one persons were missing, burned, frozen or drowned. It became a famous incident in American history.

Currier & Ives prepared a lithograph of the event which was widely sold. A minister in one of the New Jersey cities near New York announced that he was going to preach a sermon on the loss of the Lexington.

Some friends of the dead captain made it their business to attend that church, to hear that sermon. The minister called the ship's officers cowards and poltroons, because of the heavy loss of life.

One of the friends stood up and said "Sir! you are a liar!"

That led to a lawsuit. That lawsuit went all the way to the U.S. Supreme Court. The court held that parishioners and others at a church have the choice if they care to, to say "Amen." Conversely, if they do not agree they may say something else.

Among the bodies found after that fire was that of Adolphus Harnden. He was carrying a packet of 121 letters, a mute testimony to the business started by his brother.

William F. Harnden continued to expand his business. He established agencies in several cities. He went to Europe to explore the idea of an International express service.

There were other people in the business, and it was from those people and not from Harnden that the big express companies came. They were the American express, and Wells Fargo.

Many persons, at about the time of the first World War believed that it was William F. Harnden who had started the express business.

William F. Harnden and his brother Adolphus were grandsons of Capt. John Harnden of

Wilmington, born in North Wilmington. William was born in Reading August 13, 1812.

Chapter Two

The ladies of the Wilmington Women's Club, back about 1930 paid to have a book reprinted, for the people of Wilmington. Today this writer knows of three copies, all in the Wilmington Public Library.

Asa Sheldon wrote that book back in the days before the Civil War. It was, in fact, an autobiography, but Asa termed himself a 'Farmer, Trader and Working Man.' A good title for the book is "Asa's Book."

Asa talks several times about members of the Harnden family. He refers several times to Capt. John, of Revolutionary War fame, but like everyone else, Asa is unable to tell where or when Captain John died.

At one time in his book he tells of meeting a great grandson of Capt. John in Cambridge, a few years before the Civil War.

Asa was at the Cattle Fair Hotel, in an omnibus. The driver had difficulty with the horses. Two ladies who were passengers became

frightened. Asa offered to help.

He got out of the bus. He patted the necks of the horses, he stroked their faces, and breathed into their nostrils. They were thus calmed down.

Soon each of the steeds put his nose on Asa's cheek. Then he beckoned with his hands. "Come" he said, and the horses obeyed.

One of the ladies asked if Asa would return about nine o'clock that evening to help with the horses. Asa agreed if the lady would let him sit next to her. Everyone thought that was a good idea.

Asa was present at 9 p.m. The ladies were comfortable. When the conductor came to collect fares he refused to take any from "Uncle Asa."

He had known Asa, he said, "since he was a little boy." The conductor then named Capt. John Harnden as his grandfather, and Asa told of how Capt. Harnden had come to his home, when he had a broken leg, and would "tell me pleasing stories."

Capt. John Harnden was not a man who was soon forgotten.

Letter to the editor

Dear Larz:

As an irate resident of Tewksbury in regard to the settlement of the strike between teachers vs town. It seems that the school committee was dragging their feet in regards to a settlement.

Always trying to belittle the teacher position in many regards. Many family plans are now up in the air because of a longer school year. I think they were trying to break the teacher's union. I hope they realize

they were tampering with young minds putting many families in constant turmoil.

I feel because of the peculiar position a teacher is in, a parent like figure dealing with many problems that beset the young minds. Sometimes trying to settle disputes between students in an arbitrary way a teacher performs many tasks that they are hard to enumerate.

Paul Miele

25 years ago

Wilmington

Michael Kaminski became the town's newest Eagle Scout. He was pictured with Scoutmaster and Mrs. Kaminski and Charles Crotty, chairman of the Wamesit Advancement Committee.

Donald Spurr of Woburn Street was honored at a luncheon in recognition of his years of service with H.P. Hood & Sons. He received a sapphire studded pin for his 35 years of service.

Suzanne Doucette, Beth Bradford and Wanda Jensen all of Troop 354 were pictured as volunteer babysitters at the town meeting.

Former Town Manager Dean Cushing was pictured being congratulated by Gov. Francis Sargeant on his (Cushing's) appointment as Cancer Crusade Chairman for 1970.

John Forest of Baland Road was pictured displaying two ceramic gifts sent to him by his son Sgt. Paul F. Forest who was serving with the Air Force in Vietnam. Mr. Forest said he was impressed by the efficiency of the Post Office Department in getting the gifts here without a scratch or knock.

Dan Cosman was named club coordinator for the annual juice conference of Rotary District 793.

Elia's Market offered panty hose at 99 cents a pair, steamer clams 3 pounds for \$1; Cliquot Club tonic, four quarts for 89 cents in "no return bottles."

At Lucci's one could purchase giant size Ajax detergent, for 59 cents; fresh frozen orange juice, seven cans for \$1; Progresso tomato paste, 10 cans for 98 cents.

Town Crier

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WCTV program schedule

Channel 30 public access

Fri., March 17: 1 and 5 p.m., Golden Years: AARP Program; 2 and 6 p.m., Ready, Willing, Enable!; 3 and 7 p.m., Sports Roundup.
Sat., March 18: 11 a.m., Sports monthly, noon and 8 p.m., Creating a Healthy Environment; 1 and 7 p.m., Glen TV; 2 and 6 p.m., Ethics in America; 3:30 and 10:30 p.m., SCOLA-International News.
Sun., March 19: 1, 5 and 8 p.m., Wilmington United Methodist Church service; 3 and 7 p.m., Golden Years: AARP program; 10 p.m., SCOLA-International News.
Mon., March 20: Noon, Foodaramaland; 1 p.m., Life in the Fat Lane; 2 p.m., Major the Polar Bear's 28th Birthday; 3 p.m., Willing Spirit Cafe Featuring the Levits; 5 p.m., Coping with Depression; 6 p.m., A

Woman's Point of View; 7 p.m., Open Door Baptist Church; 8:30 p.m., Sports Roundup; 10 p.m., So Much to Say.
Tues., March 21: 10 a.m., The Wild Ones; 11 a.m., Concerts on the Common: George Godding; 1 p.m., A Woman's Point of View; 2 p.m., Golden Years: AARP Program; 3 p.m., Alaska's Whales and Wildlife; 4 p.m., Inises in Our Garden; 5 p.m., Life in the Fat Lane; 6 p.m., Ethics in America; 7 p.m., U-Plan: The Massachusetts College Savings Plan; 9 p.m., Deep Dish Television; 10 p.m., Chucky and David Morgan: Stupid Stupid Stupid.
Wed., March 22: Noon, Ready, Willing, Enable!; 1 p.m., Foodaramaland; 2 p.m., Home Composting: Turning your Spoils to Soil; 3 p.m., Wilmington Breast Health Forum; 5 p.m., U-Plan: The Massachusetts College Savings Plan; 6:30 p.m., Christian Teaching and Worship Center; 7:30 p.m., Sports Monthly; 8 p.m., Of Muskets and Music; 9

p.m., Coping with Depression; 10 p.m., So Much to Say.
Thurs., March 23: 10 a.m., The Wild Ones; noon, Deep Dish Television; 1 p.m., Willing Spirit Cafe: One Voice; 3 p.m., 1994 Good Guy Award; 6 p.m., Wilmington United Methodist Church; 8 p.m., Cape Cod; 9 and 11 p.m., Glen TV; 10 p.m., Foodaramaland.

Channel 52 Educational access

Fri., March 17: 10 a.m., Spanish: Los Caminos del Espanol; 11 a.m., Pentalingual 5; noon, Quintalingual 7; 1 p.m., Creative Math; 2 p.m., Adult Education: GED; 3 p.m., Human Genome Project.
Sat., March 18: Noon and 5 p.m., Shawshen Elementary Newscast; 2:30 and 7:30 p.m., In Pursuit of Excellence: Three Plays.

Sun., March 19: 1 and 7 p.m., Voices and Visions; 2 and 8 p.m., Salem St. College Basketball; 5 and 10 p.m., Babysitting: A Complete Guide for Teenagers.
Mon., March 20: 10 a.m. Mystery Writers (1); 11 a.m., Scientist in Electronic Residence; noon, Theme Teaching; 1 p.m., mystery Writers (2); 2 p.m., Science Fiction and Fantasy Writing; 3 p.m., CESAME; 5 p.m., Shawshen Second Graders: Pitty-Pat; 6 p.m., Voices and Visions; 7 p.m., Shawshen Elementary Newscast; 8 p.m., WIS Variety Show; 10 p.m., NASA TV.

Wed., March 22: 10 a.m., EnviroNet; 11 a.m., Pentalingual 5; 11:15 p.m., Quintalingual 7; noon, Spanish: Los Caminos del Espanol; 1 p.m., Skills for a Lifetime; 2 p.m., Mirror and Fiction Writing Workshop; 3 p.m., Adult Education: GED; 4 p.m., ALCS: Author's Tea; 5 p.m., Wildwood Spring Concert 1994; 6:30

p.m., Shawshen Tech Quarterly Magazine; 7 p.m., School Committee meeting 3/8, 9 p.m., NASA TV.
Wed., March 22: 10 a.m., Creative Physics; 11 a.m., Theme Teaching; noon, On the Job; 1 p.m., The Roman Way; 2 p.m., Future Shock; 3 p.m., Teacher in Electronic Residence; 7 p.m., School Committee meeting, live.
Thurs., March 23: 10 a.m., Spanish: Los Caminos del Espanol; 11 a.m., Mystery Writers (1); noon, Administrators' Forum; 1 p.m., Nubia; 2 p.m., CESAME; 3 p.m., Telecommunicate!; 5 p.m., WIS Spelling Bee; 6 p.m., Salem St. College Basketball; 8 p.m., School Committee meeting, 3/22.

Channel 56 Governmental access

Fri., March 17: Noon and 6 p.m., AIM meeting; 3 and 8 p.m., Sr. Community Activities.

Sat., March 18: Noon and 5 p.m., AIM Meeting; 2 and 7 p.m., Wilmington Within.
Mon., March 19: Noon, Washington Insight; 2 p.m., Elder Services Commission meeting; 2/21; 5 p.m., Chamber of Commerce meeting; 6 p.m., Selectmen meeting; 3/13.
Tues., March 20: Noon, Wilmington Within; 1:30 p.m., Elder Services Commission meeting, live; 5 p.m., Washington Insight; 7 p.m., LWV Presents: Know your Town.
Wed., March 21: 1 p.m., Selectmen meeting; 3/13; 7 p.m., Washington Insight; 6 p.m., AIM meeting; 8 p.m., Elder Services Commission meeting; 3/21.
Thurs., March 22: Noon, Elder Services Commission meeting; 3/21; 4 p.m., Working Together; 7 p.m., Wilmington Within; 8 p.m., Sr. Community Activities #21.

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Doing what you love and loving what you do is important in a small business. Brenda Freitas does. She's been in photography since 1965, and she opened her photo shop in 1981. Her business has expanded, as all businesses did in the 80's, and she's still here!

You know that you can buy film at Tewksbury Camera and Video. And of course cameras. But its the little things that surprise you. How about a flash bulb for that old Brownie? Yes, it's in there! And the film? You guessed it! Is that old 8 mm or Super 8 movie camera collecting dust in your closet? Get it out and have some fun with it. If you have an old camera and would like to try using it, Brenda has the supplies needed. If it's broken... it can be fixed.

Repairs have become a major part of the business... cameras, camcorders, VCR's, and even computers. Any brand can be repaired, whether or not it is sold by Tewksbury Camera & Video. Brenda now sells Apple and Apple Macintosh computers and accessories.

Video rentals are still hot. You can rent the latest releases here, too. Here's the twist: Training Tapes. Do you know how to run Lotus 123? Pagemaker? you can learn by watching a video! You can rent it at Tewksbury Camera & Video!

As you would expect, Brenda sells cameras and video equipment. Kodak, Fuji, Pentax, Ricoh, Polaroid and all the accessories includ-



Framed by her work; Brenda Freitas focuses her business on service.

ing film, tape and all the extra toys. The best thing in the store is the expert advice. Buying camera equipment from a large chain may save you a dollar if you know exactly what you need, but don't count on a department store clerk to know the difference between ISO and Lumens. Come to Tewksbury Camera & Video for clarity!

Tewksbury Funeral Home • 1 Dewey St • Tewksbury • 851-2061

The Tewksbury Funeral Home was founded in 1956 by Walter J. Deputat and his wife Gloria A. (Roux) Deputat. Together, they transformed this Victorian style single family residence, dating from 1895 to its current form. The name was given for the Town, rather than for the family name, primarily to indicate the desire to serve the entire population, rather than a particular ethnic or religious segment of the community.

Walter and Gloria entered into semi-retirement in 1984, when they passed ownership to their youngest son, Joel. Since that time Walter and Gloria have divided the year between Tewksbury, Florida and New Hampshire. Joel has continued in the tradition established by his father of personal service within the community, while continuing to upgrade the facilities.

The focus of the funeral home is to provide a complete range of funeral service. "The focus of our service is the bereaved, rather than the deceased," says Joel. This explains the warm, home like appearance within the funeral home. Contrast this with a typical funeral parlor with its rows of chairs arranged to face toward the deceased. "Our arrangement is much more conducive to the healing process, which is, before all else, our primary concern."

In response to a growing demand by today's population, the funeral services offered have expanded into pre-planning of



funeral services. With the ability to "customize" a package to fit a particular need, and the addition of membership into the "Forethought" Group, the Tewksbury Funeral Home continues to offer the best value available to today's consumer.

Personalized service, beautiful building, central location, and staff experience are but a few reasons why more people choose the Tewksbury Funeral Home in their hour of need.

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Wilmington police news

Arrests

Tuesday, March 7

Robert S. Harris, of 31 Central St., Medford, arrested on Lowell Street by Officer Thomas McConologue on the basis of a Revere State Police traffic default warrant. Released to State Police.

Wednesday, March 8

Paul LaCasse, 41, of 842 Main St. Woburn, arrested by Officers James White and David Sugrue on Main Street and charged with operating a motor vehicle after suspension of license; also arrested on the basis of a warrant issued by Tewksbury Police.

Thursday, March 9

Joseph O. Oliveira, 36, of 590 Woburn St., Wilmington, arrested by Sgt. Christopher Neville on Wildwood Street and charged with operating a motor vehicle under the influence of alcohol.

David J. Montecalvo, 31, of 7 Elmhurst Ln., Nashua, N.H., arrested on Main Street by Officers White and Sugrue and charged with possession of a class "D" substance (marijuana); also arrested on the basis of a warrant issued by Watertown Police.

Thomas E. Gately III, 17, of 25 Veranda Ave., Wilmington, arrested by Officer David Axelrod and charged with assault and battery.

Thomas R. Jones, 37, of 22 Colson St., Billerica, arrested on Lowell Street by Officer David Bradbury and charged with operating a motor vehicle under the influence of alcohol.

Friday, March 10

Maureen McCarthy, 24, of 5 Grace Rd., Woburn, arrested on Main Street by Officer Robert Richter and charged with operating a motor vehicle under the influence of alcohol.

Basil Tedesco, 34, of 11 Crescent Ave., Chelsea, arrested by Revere State Police on the basis of a local (Wilmington) criminal warrant issued for breaking and entering. Picked-up in Revere by Wilmington Police and taken to Woburn District Court.

Steven Flaherty, 36, of 30 Lowell St., Wilmington, arrested by Officers White and Sugrue, with assistance from Sgt. Mark Jepson, Inspector Patrick King, Officer Jon Shepard and Officer Joseph Desmond on the basis of a criminal warrant issued by Woburn Police.

Saturday, March 11

Celeste L. Carnavale, 53, of 6 Webber St., Wilmington, arrested by Officer Robert Richter and charged with domestic assault and battery.

Monday, March 13

Juvenile male, 16, of Dorchester, arrested by Officers McConologue and Harold Hubby Jr. and charged

with buying a stolen motor vehicle. Gamaliel Pinto, 17, of 6 Fountain Ave., Somerville, arrested by Officers McConologue and Hubby Jr. and charged with buying a stolen motor vehicle.

Cesar O. Sarria, 18, of 127 Russell St., Everett, arrested by Officers McConologue and Hubby Jr. and charged with buying a stolen motor vehicle.

Patrick E. McHugh Jr., 29, of 5 Carmel Dr., Billerica, arrested on Main Street by Officers White and Sugrue and charged with operating a motor vehicle after expiration of license and with other motor vehicle charges.

Court Updates

Monday, March 6

Michael Infantino, 37, of 159 Main St., Wilmington, arrested 03/04/95 and charged with domestic assault and battery. Arraigned on that charge, continued to 03/21/95.

Tuesday, March 7

Sean M. Colclough, 22, of 21 Glen Rd., Wilmington, arrested 03/06/95 and charged with distribution of a class "B" substance (cocaine). Further continued to 03/27/95.

Stephen O'Hearn, 24, of 31 Lucaya Cir., Wilmington, arrested 01/13/95 and charged with operating a motor vehicle after revocation of license. Requested first instance jury trial in Cambridge Superior Court. Pretrial conference set for 04/03/95.

Wednesday, March 8

Phillip Valente, 33, of 2 Mass Ave., Woburn, arrested 02/04/95 and charged with OUI. Requested first instance jury trial in Cambridge Superior Court. Pretrial conference scheduled for 04/10/95.

Randy Miselis, 17, of 20 Easement Rd., Tewksbury, arrested 03/05/95 and charged with being a minor in possession of alcohol. Continued to 04/07/95 for pretrial hearing.

Sandra Hilton, 21, of 4 Hillside Rd., North Reading, arrested 12/03/94 and charged with a second offense of OUI, failure to keep right, and speeding. Found guilty by trial and sentenced to 90 days in a house of correction, 14 of which are to be served, with the balance suspended for two years; license suspended for two years; placed on probation for two years.

Thursday, March 9

Joseph O. Oliveira, 36, of 590 Woburn St., Wilmington, arrested 03/09/95 and charged with OUI. Continued to 04/11/95 for pretrial hearing.

Friday, March 10

Paul LaCasse, 41, of 842 Main St. Woburn, arrested 03/08/95 and charged with operating a motor vehicle after suspension of license. Admitted to sufficient facts to be

found guilty at arraignment. Sentenced to 60 days in a house of correction, 20 of which are to be served, with the remainder suspended for one year; ordered to pay a \$500 fine, a \$125 surfine, and a \$30 court fee.

David Montecalvo, 31, of 7 Elmhurst Ln., Nashua, N.H., arrested 03/09/95 and charged with possession of a class "D" substance (marijuana). Arraigned on that charge and admitted to sufficient facts to be found guilty. Case continued without a finding for six months; ordered to pay \$230 in court fees.

Mark W. Bickford, 27, of 20 Georgetown St., Billerica, arrested 01/23/95 and charged with operating a motor vehicle after suspension of license. Defaulted on court appearance.

Thomas E. Gately III, 17, of 25 Veranda Ave., Wilmington, arrested 03/09/95 and charged with domestic assault and battery. Continued to 03/28/95 for pretrial conference.

Thomas R. Jones, 37, of 22 Colson St., Billerica, arrested 03/09/95 and charged with OUI. Defaulted on court appearance.

Maureen McCarthy, 24, of 5 Grace Rd., Woburn, arrested 03/10/95 and charged with OUI. Admitted to sufficient facts to be found guilty at arraignment. License suspended for 45 days; ordered to pay \$280 in court fees.

Larcenies

Tuesday, March 7

The larceny of goods valued at more than \$200 from a trailer truck was reported by a Main Street company.

A license plate issued to a West Street resident was reported lost or stolen.

Wednesday, March 8

A motor vehicle (a 1989 Ford Mustang 5.0 GT Hatchback, color: red) was reported stolen from the parking lot of a firm located on Progress Way.

The front license plate of a car parked on Main Street was reported stolen.

Thursday, March 9

A mail box valued at \$20 was reported missing from its Salem Street home.

Mail was reported stolen from a mail box on Andover Street.

Friday, March 10

The rear license plate of a car belonging to a Fairview Avenue resident was reported missing.

Disturbances/Vandalism

Tuesday, March 7

Annoying telephone calls were logged at homes on Glen Road and Faulkner Avenue.

Reports were received of youths gathering on Clark Terrace.

Wednesday, March 8

A black pick-up truck was reportedly destroying mailboxes on Liberty Street.

Thursday, March 9

The passenger-side window of a truck on Jonspin Road was reported as smashed.

Friday, March 10

A water main break in the Ski Haus parking lot was reported.

Unfounded reports of gunshots in the Hillcrest Street area were received.

Kids allegedly broke the picture window of a Lawrence Street home.

Saturday, March 11

A short hair, blonde colored mutt was found on the porch of a Baldwin Road home by its occupants. An hour and forty minutes later, the dog was still there, this time allegedly not letting the people out of their house. The owner of the dog showed up shortly thereafter and took the pooch home. Barking dog, Forest Street. Possible gunshots were reported on Harvard Avenue.

Sunday, March 12

Loud youths with cars were gone on arrival from Lawrence Street. A light pole in the town center was reportedly down.

Hay on Concord Street was removed.

Monday, March 13

Loud music on Eames Street was attended to.

Traffic Accidents

Tuesday, March 7

An accident involving injury was responded to on Woburn Street.

Thursday, March 9

An accident involving personal injury was responded to on Lowell Street.

Friday, March 10

Accidents involving the destruction of property were reported on Apache Way and on Main Street.

Saturday, March 11

A non-injurious accident was reported on Butters Row.

Monday, March 13

A minor accident was reported on Middlesex Avenue. An accident involving injury was responded to on Middlesex Avenue, with one person transported to Winchester Hospital Family Medical Center, in Wilmington.

Tuesday, March 14

An accident involving personal injury was responded to on Ballardvale Street. One person was transported to Winchester Hospital.

An Irish Blessing
"May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face. May the rain fall soft upon your fields." And may you always know the blessing of having a home to call your own. If you are ever in need of real estate assistance, please call



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March 17th

Friday, March 17th we will be celebrating St. Patrick's Day. Entertainment with Brian & Ben from 2:00 - 5:00 pm & 7:30 - 12:30 am. There is a \$5.00 cover charge.

Corned Beef
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Mack Downs makes his mark on the ballot during the Wilmington Minutemen annual election of officers. Downs eluded office, however Steve Leet was elected Captain, Jim Murray Lieutenant, Pete Newman Adjutant Sergeant and Jerome Connor Company Sergeant. The election was held at their headquarters on Woburn St. Guests from around New England were present to try the new captain's Wassail. To the right is Jim Banda who officiated at the ceremonies.

Wilmington Rotary Club celebrates 50 years of service

About 180 guests are expected at the 50th anniversary dinner of the Rotary Club of Wilmington, Saturday evening at the Casa di Fior on West Street. The dinner is to begin about 6:30 p.m. President John Doherty is to preside.

The dinner will be followed by a social party, and dancing.

Wilmington Rotary Club Presidents

1. Fred F. Cain Nov. 29, 1944 - June 30, 1946
2. Henry Porter 1946-1947
3. Vinal Conway 1947-1948
4. Stephen Bean 1948-1949
5. Dr. MacDougal 1949-1950
6. Earl Sylvester 1950-1951
7. Guy Nichols 1951-1952
8. Adrian Durkee 1952-1953
9. John D. Cooke 1953-1954
10. Harry Huntley 1954-1955
11. Larz Neilson 1955-1956
12. Herb Pickering 1956-1957
13. John Gleason 1957-1958
14. Dr. Henry Foster 1958-1959
15. Bill Stevens 1959-1960
16. Ralph Swanson 1960-1961
17. Ed Osberg 1961-1962
18. Harold Foley 1962-1963
19. Fred D. Cain 1963-1964
20. Robert Sunberg 1964-1965
21. Barney McMahon 1965-1966
22. William Butt 1966-1967
23. John Elia 1967-1968
24. Richard Tufenkjian 1968-1969
25. Bryant Bedell 1969-1970
26. Ralph Allen 1970-1971
27. Sanford Carlisle 1971-1972
28. Ralph Flodin 1972-1973
29. Ray York 1973-1974
30. Joseph Maffeo 1974-1975
31. Sidney Feldman 1975-1976
32. Ray McNamara 1976-1977
33. Al O'Connor 1977-1978

34. Carl Melander 1978-1979
35. David Milot 1979-1980
36. Richard Forest 1980-1981
37. Robert Doucette 1981-1982
38. Robert Verdonk 1982-1983
39. Paul Butt 1983-1984
40. Stan Filipek 1984-1985
41. Charles Doucette 1985-1986
42. Doug Anderson 1986-1987
43. Ed Nash 1987-1988
44. William Fay 1988-1989
45. William Doyle 1989-1990
46. Robert Knoetner 1990-1991
47. Peter DeGennaro 1991-1992
48. Robert Cornish 1992-1993
49. Marvin Weiner 1993-1994
50. John Doherty 1994-1995

Father and son presidents
Fred F. Cain Fred D. Cain
William F. Butt Paul K. Butt
Rotary District Governors
John Gleason
Ralph Swanson

Defeating pain topic at Boston Regional Medical Center

Anil Kumar, M.D. will present a lecture entitled "Defeating Pain - Why Suffer?" at Boston Regional Medical Center (Formerly N.E. Memorial Hospital) Thursday, March 30 at 7 p.m. Dr. Kumar will explore the common causes of pain, types of persistent pain and pain behavior. He will also discuss how pain can be treated with medications, surgery, manipulations, stimulations, alternative medicines, and belief and attitude therapy.

"Most pain can be decreased or made more bearable, and many times it can be cured," says Dr. Kumar. He believes that a high number of patients who suffer from chronic pain, particularly back and neck pain, headaches, and cancer pain, can be helped. During the lecture he will present a number of case studies and set time aside for a question and answer period.

Dr. Kumar is a board certified specialist in pain management. The lecture is free. Registration is requested by calling 617-979-7016.

Infant/Child first aid classes

Daycare providers, babysitters or simply concerned parents are advised to prepare themselves with the information they need to handle first aid emergencies. In this course one will learn how to handle choking and CPR emergencies; recognize dangers in the home, car and playground; care for injuries which are common in children and infants.

This course is offered from 6 to 10 p.m. Monday, Feb. 27 at the Reading Health Center.

To register call 617-756-2220.



AGFA Division of Miles, Inc. looks to the future with the Chamber: l-r, Ken Mastrullo, Sr., facilities engineer and Chamber president; Teri LaBella, Expo

'95 chairperson; David Kourtz, Sr. human resources manager; and Ed Baker, facilities manager.

Chamber Expo is looking toward the future

On May 4 the Wilmington Chamber of Commerce will present its fifth annual Business Expo. This year's theme is "Looking Toward the Future." Beginning this week the group will profile the nine sponsors of the Expo who are helping the town of Wilmington do just that.

AGFA is the imaging division of Miles, Inc. Headquartered in Ridgefield Park, NJ, AGFA Graphic Systems manufactures and markets electronic and photographic prepress systems, type and font products, phototypesetting materials, and presentation graphic

systems for the graphic arts and publishing industries. Miles, Inc. is a research based company with major business in chemicals, health care and imaging technologies. The company employs some 26,000 people and has 57 locations throughout North America.

Wilmington High School honor roll

The administration at Wilmington High School has released the honor roll for the second marking period with the following students listed:

Class of 1995

Jennifer Adley, Elizabeth Amaral, Kerry Anderson, Mary Armata, Jennifer Ausiello, Jamie Austin, Diane Berube, Shyam Brown, Fred Burke, Jane Carroll, Jennifer Carroll, Kerri Casella, Jamie Cassinello, Michelle Castronovo, Sherrie Ciotti, Brian Crowley, Fernando Cucci, Kelly Curtin, David DeSantis, Marc DiJulia, James Doucette, Raymond Dudley, Andrea Edwards, Andrea Feizidis, Lorilyn Fenton, Michelle Fortes, Michael Fuller, Thomas George, Todd Giabbai, Holly Gill, Melissa Goglia, Julie Gosse, Henry Grise.

Candace Hassam, David Hawley, Jacquelyn Hayden, Paul Heigham, Amy Hermann, Kimberlee Hewitt, Jessica Horan, Lisa Houle, Melanie Johnson, Sueng Kim, Denise Langone, Brian Meads, Geoffrey Melzar, Michelle Montalto, Nicholas Montalto, Katie Moran, Timothy Murphy, Allyson Murray, Aline Normoyle, Amy O'Melia, Kerri Oakleaf, Annmarie Pavone, Robert Pelletier, Nancy Pote, Michael Potito, Patrick Rufo, Jamie Rutledge, Heather Scott, Matthew Southmayd, Colleen Stokes, Jenna Volpe, Lori Volpe, Maria Voner, Alyson Ward, James Whitbone, Scott Whitebone, Garrett Whittemore, Justin Yentile.

Class of 1996

Douglas Ames, David Bennett, Elizabeth Berlik, Elizabeth Bickford, Rachel Bridges, Elaine Bruno, Brian Carroll, Joan DeMarco, William Dineen, Valerie Doyon, Nicole Fugere, Lindsay

Groom, Susan Hall, Jaclyn Harrison, Jennifer Hunt, Laurie Johnson, Jee Hyun Kim, Daniel King, Stergius (Steve) Kosmidis, Kelly Landers, Jennifer Langone, David Lee, Nicole Lojek, John Long, Jessica Madaglia, Stephen Marchillo, Sophia Martin, Wendy Meegan, Rene Morin, Minhong Nguyen, Douglas Olender.

Stacy Palizzolo, Alicia Pelletier, Kristin Roache, Charles Ross, Paul Savage, Heather Smith, Nicole Sordillo, Jessica Stygles, James Tamilio, Janette Trickett, Renee Vachon, Matthew Vogel, Amanda Zaya.

Class of 1997

Daniel Abbott, Chantal Auger, Joseph Bamberg, Lindsey Bickford, Meghan Birmingham, Donna Budd, Carolyn Carvalho, Thomas Casella, Nicole Catanzano, Lisa Chin, Lisa Crowley, Paula Decourcey, Christopher DiJulia, Sean Farrell, Colleen Fisher, Michael Gargan, Jaime Gugliemi, Deborah Hancock, Michael Hanrahan, Brian Herman, Tanya Holmes, Michelle Kearns, Katie Keating, Bridget Keddie, Sean Kerrigan.

Teri Laquidara, Margeret Limoli, Jamie Magaldi, Paul Mahoney, Eric McKenna, Tracy Melzar, Marc Merriman, Robert Murphy, William Nitchie, Melissa Palermo, Kristen Peach, Kathleen Peterson, Jillian Quigley, Jeremy Rufo, Jennifer Russo, Tracy Selig, Melissa Shea, Jessica Silverstein, Julie Stokes, Elaine Tohm, Robert Torrani, Sheila Walsh, Deana Ward, John Williams, Suzanne Williams.

Class of 1998

Lynn Adley, Stephanie Anderson, Michelle Baker, Leann Bento, Kristin Bourinot, Kristen Bruno, Lesley Cannon, Kevin Carroll,

Michelle Carvalho, Kevin Considine, Daniel Cronan, Michelle Cronin, Tarryn Daisy, Benjamin DeGennaro, III, Alexia DeVellis, Iain Emery, Megan Falzone, Christian Ferraro, Angela Fiorenza, Kristin Flynn, Paul Fugere, Michael Garbati, Katie Gillis, Timothy Gillis, Matthew Hackett, Thomas Heigham, Lori Hewitt, Melissa Hogg, Kimberly Johnson.

Stacey Kendall, Christopher Kilburn, Todd Koniczka, Michael Lavita, Cheryl Lecsse, Cheryl Lee, Mark Lefave, Kimberly Mar, Bryan Mason, Melissa Mather, Jennifer McCarthy, Sara McMahan, Dorothy Medeiros, Arthur Moscufo, David Mulik, Hung Nguyen, Brenda Packard, Michael Pinkham, Doris Radosavljevic, Rebecca Rogers, Lauren Senesi.

Kerri Sullivan, Scott Swiezynski, Richard Tabor, Paul Tentindo, Brian Thresher, Karen Tohm, Charles Vallas, Brian Vasseur, David Ward, Andrea White, Joseph Whitfield, Allison Wolley, Caitlin Wright, Julie Yentile.

Breastfeeding course

The decision to breastfeed or bottle feed is a topic of importance to new parents. Winchester Hospital offers a workshop, helpful to parents to be which provides accurate information on this subject.

For dates and price information, call Winchester Hospital's Community Health Institute at 617-756-2220.

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 - Merrimack College - B.A.
 - Suffolk University Law School - J.D.
 - Boston University Law School - LL.M.

- * Community Involvement:
 - Advisory Board Member Salvation Army
 - Former Vice President Merrimack Valley Chapter American Cancer Society

TO HELP OR FOR MORE INFORMATION CALL 858-0821



Political Ad Signed: Comm. to Elect David J. Plunkett, Susan Rozzi Plunkett, Treas., 257 Fiske St., Tewksbury

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Arts magazine taking to the streets

Pleiades, a magazine designed especially for those living or working north of Boston, a magazine of the arts north of Boston, concentrates the information needed in one place.

The publication has just hit the newsstands, gift shops and subscribers' mailboxes.

The spring issue contains stories about two groups that attract many area residents as either performers or audience members. The Merrimack Valley Philharmonic and the Reading based musical theater group - Colonial Chorus Players.

The Pleiades Portrait (a regular feature about notable north of Boston individuals) is West Newbury writer Peter Guralnick, author of the much acclaimed "Last Train to Memphis." There is also an article about world renowned glass art artist, Debbie Tarsitano of Westford and another on the historical background of the architectural development of the Wenham estate, Princemere.

Among the features are Video

Vault, that reviews a classic comedy, Page 8 showcases the poetry of a north of Boston author and the Area Sampling introduces four local illustrators, and much, more.

For more information call 617-944-7796 or write P.O. Box 27, Reading, MA 01867.

FUNDRAISER for RUTH PERRIN

Tewksbury School Committee

Friday, March 24th, 8pm - midnight

VFW, Vernon St., Tewksbury

Donation \$5.00

For tickets or info call Ruth Perrin 640-9179 or Don Purtell 851-3063

Political Ad signed: Committee to Elect Ruth Perrin, 12 So. Amos St., Tewksbury



The Reading Municipal Light Department was recognized by the Wilmington Chamber of Commerce as a sponsor of the upcoming Business Expo '95. General Manager Len Rucker, left and Energy Analyst Ann Marie Brennick, center, represented the RMLD at a recent meeting of the sponsors and Expo organizers and accepted a plaque from Expo Committee member Jeanette Tighe, right. In addition to sponsoring the evening, the RMLD will also be an exhibitor at the Expo which will be held on May 4 at the Shriners' Auditorium in Wilmington.

Town receives grant for work zone safety kits

The Town of Wilmington was awarded a \$3,000 grant to purchase a work zone safety kit from the Governor's Highway Safety Bureau on December 12. The town's public works department will soon begin utilizing this equipment as an extra safety measure during roadside construction.

"Approximately two thirds of all fatal motor vehicle crashes occur on secondary or local roadways in Massachusetts," said Governor William F. Weld. "The Weld-Cellucci Administration is working to increase public safety in the Commonwealth by assisting communities to acquire advanced road safety equipment through this grant program."

Massachusetts had the lowest highway fatality rate in the nation for the first eight months of 1994 based on population and vehicle miles traveled, according to the

National Safety Council. "The safety improvements to our roadways resulting from this grant program will save lives throughout the Commonwealth," said Nancy J. Luther, director of the Bureau.

The public works department submitted an application to the Bureau that detailed the problem posed by these roadways and explained how the roadside delineators would reduce the hazard to motorists. The town's application was one of 46 selected from a field of over 100 applications. The Bureau awarded a total of about \$142,000.

These road delineators are designed to make roads safer for drivers, especially at night and in poor weather. These improvements, together with the support of the motoring public to drive responsibility, will improve the safety of roadways in Wilmington.

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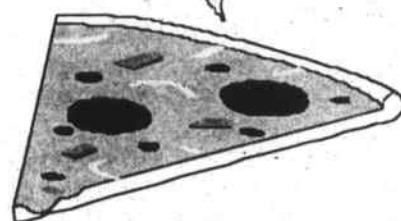
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	Small	Large	Jumbo 20"
Plain	3.40	6.50	8.00
Onion	4.00	7.10	8.80
Pepper	4.00	7.10	8.80
Sliced Tomato	4.00	7.10	8.80
Onion & Pepper	4.40	7.50	9.30
Pepperoni	4.40	7.50	9.30
Sausage	4.40	7.50	9.30
Mushroom	4.40	7.50	9.30
Ham	4.40	7.50	9.30
Bacon	4.40	7.50	9.30
Hamburg	4.40	7.50	9.30
Black Olive	4.40	7.50	9.30
Anchovie	4.40	7.50	9.30
Pineapple	4.40	7.50	9.30
Feta Cheese	4.40	7.50	9.30
Garlic	4.80	8.50	10.30
Broccoli	5.30	9.50	11.30
2-Way	1.00	2.00	2.50
3-Way	6.10	11.90	13.70
Extra Cheese			
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	Small	Large
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Ham & Cheese	2.75	3.30
American	2.75	3.30
Genoa Salami	2.75	3.30
Cooked Salami	2.75	3.30
Meatball	2.75	3.30
Sausage	2.75	3.30
Hot Pastrami	2.75	3.30
Tuna	2.75	3.30
Veal Cutlet	2.75	3.30
Eggplant Parm.	2.75	3.30
Cheeseburger	2.75	3.30
Pepper & Egg	2.75	3.30
Ham & Egg	3.20	4.00
Crabmeat	2.85	3.40
Turkey	3.00	3.75
Roast Beef	2.85	3.40
B.L.T.	2.95	3.50
Chicken Cutlet	3.10	3.85
Andrea's Special		
Steak & Cheese	3.00	3.75
w/Onion & Pepper	3.10	3.85
w/Mushroom	.25	.50
Extra Cheese	.50	.75
Bacon		

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Garden	2.65	with Sauce	3.20
Greek	3.50	with Meatball	3.75
Chef	3.50	with Sausage	3.75
Tuna	3.50	with Mushroom	3.75
Chicken	3.50	with Veal Cutlet	3.75
Antipasto	4.20	with Chicken Cutlet	3.75
Crabmeat			

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French Fries	.95	1.75
Onion Rings	1.50	2.50
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Wilmington board watch

• **Board of Selectmen** meets on the 2nd and 4th Monday each month at 7:00 p.m., Town Hall Room 9. Next meeting: **Monday, March 27 at 7:00 p.m.**

The board began its last meeting an hour early to help make up for the cancellation (due to snow) of the Feb. 27 meeting. The extra hour helped, as the board met for five hours, entertaining 14 appointments and holding eight votes.

Board appointments featured Town Manager Michael Caira's walk through of the 50 (pruned to 49) warrant articles for Annual Town Meeting....

Among the other appointments was an introductory meeting with newly elected State Sen. Bruce E. Tarr, who replaced the retired Sen. Bob Buell;

Attorney Simon Cutter, who slashed at the board and Caira in representing Mary Fuller regarding the payment of insurance benefits. Fuller is the widow of a former Wilmington Police Officer and has an article set for town meeting to move the insurance question; Conservation/Planning Director Lynn Duncan, who gave a final report on the now defunct (from lack of a new grant) small cities grant program; Attorney Robert Peterson representing Jaishri J. Singh, owner of the building that used to house Boomer's Billiards ... Singh plans to return the building to its pool room days and received unanimous approval from the board to do so; and Duncan again, this time with Planning Board Chairman Richard Longo and League of Women Voters President Barbara Sullivan, all of whom discussed a master plan for the town.

Board votes included the granting of unanimous approval to the Wilmington Kiwanis Club to use the Swain School parking lot for its annual Family Safety Day on May 13 from 9-12 a.m. ... voting unanimously to proclaim the week of March 12-18 Girl Scout Week ... and giving all five votes in favor of Caira's appointment of Silverius Blonigen to the Committee on Unaccepted Ways and to the request from Sandra P. Curtin to be appointed to the Cable TV Advisory Task Force.

• **The Planning Board** meets on the 1st and 3rd Tuesday each month at 7:30 p.m. in Town Hall Room 9. Next meeting: **Tuesday, March 21.** Prior to that meeting, a public hearing to discuss zoning articles for Annual Town Meeting will be held by the planning board at 7:00 p.m. in the Town Hall Auditorium. At their last meeting, held Feb. 21, the board met in executive session relative to Miller Pond Estates (Marion Street III); and continued a public hearing on the Indian Road definitive subdivision.

• **Board of Assessors** meets on the 2nd Thursday each month, at 9:00 a.m. in Town Hall Room 2. Next meeting: **Thursday, April 13.**

• **Committee of Citizens with Disability** meets on the 1st Thursday of each month, at 7:00 p.m., Town Hall Room 4. Next meeting: **Thursday, April 6.**

• **Finance Committee** next meets: **Thursday, March 16** and then **Tuesday, March 21** at 7:00 p.m. in Town Hall Room 9. A subsequent meeting is scheduled for Thursday, March 23.

The finance committee has abandoned its schedule of meeting on the second Tuesday each month during the budgetary process and will meet instead Tuesdays and Thursdays.

• **The Recreation Department** holds meetings on the 1st Thursday each month at 7:00 p.m. in the Town Hall Recreation Office. Next meeting: **Thursday, April 6.** The department carries an open agenda for its monthly meetings, director Ron Swasey said.

• **The Elder Affairs Commission** meets on the third Tuesday each month at 1:30 at the Buzzell Senior Center. Next meeting: **Tuesday, March 21.** At their Feb. 21 meeting, the commission heard a report from senior center Director Edith Cunningham as well as presentations from representatives of Secure Horizons (for Tufts Medical for Seniors) and Harvard Medical on HMOs and other health care services for seniors.

• **Board of Library Trustees** meets on the third Tuesday of each month except July and August at 7:30 p.m. in the Bicentennial Room of the Memorial Library. Next meeting: **Tuesday, March 21.** No regular meeting was held in February, but the board planned on meeting before its Feb. 23 budgetary meeting with the finance committee.

• **Board of Registrars** meets on the 2nd Monday of each month from 7:00 to 8:30 p.m. in Town Hall Room 12. Next meeting: **Monday, March 27.** The board's March 13 meeting was canceled. Extra voter registration for Annual Town Election and Town Meeting will be held from 8:00 a.m. to 8:00 p.m.

• **By-Law Study Committee** meets on the 1st Tuesday each month. Next meeting: **Tuesday, April 4** at 7:00 p.m., Town Hall Room 12.

• **Wilmington Housing Partnership** meets on the 2nd Thursday each month at 7:30 p.m. in Room 9 of the Town Hall. Next meeting: **Thursday, April 13.** At their last meeting, March 9, the partnership offered project updates

and gave a review of town-owned land parcels petitioned for disposition.

• **The Historical Commission** meets on the 2nd Monday each month at 7:30 p.m. in Room 4 of the Town Hall. Next meeting: **Monday, April 10.** At its March 13 meeting, the commission awarded plaques to residents Velma Emery and Betty Bigwood, both of Chestnut Street, designating their homes as two of the oldest in town. The commission is currently, among other things, focused on finding a tenant and/or funds to repair the roof of the old West School on Shawsheen Avenue.

• **Wilmington Housing Authority** meets on the first Tuesday each month at 7:00 p.m. at 41 Deming Way in the Community Hall or Deming Way Extension Hall. Next meeting: **Tuesday, April 4.**

• **Conservation Commission** meets on the 1st and 3rd Wednesday each month in Town Hall Room 9 at 7:00 p.m. Next meeting: **Wednesday, March 15** and then **Wednesday, April 5.** For their March 15 meeting, the commission scheduled public hearings for notices of intent for parcels on Stonehedge Drive (Universe Construction), for a parcel of land on Chapman Avenue, and for Mather Street, Walnut Street and Poplar Street (Mary Nelson), and to receive a request for an amendment to an order of conditions for Shawsheen River Estates.... Was to hold a public meeting to hear a request for a determination of applicability for a Fall Street parcel by David Sugrue.... Continued public hearings to receive notices of intent for a parcel of land on Mystic Avenue (Somerset Estates) by Mark Lopez and for a parcel on Industrial Way by Analog Devices; and to receive a request for a determination of applicability for various parcels within Buckingham Estates by Thomas Realty Trust.

• **Access is Mandatory** meets every Tuesday from 9:30 a.m. until 2:30 p.m. at the Wilmington Knights of Columbus Hall. Next meeting: **Tuesday, March 21.**

• **The School Building Subcommittee** met Tuesday, Feb. 28 at 7:00 p.m. at the Roman House. At the meeting, the subcommittee - made up of members from the school committee, other town boards (including selectmen, planning and finance) and the community at-large - received a look into the 1995-96 preliminary school budget from Superintendent of Schools Dr. Geraldine O'Donnell. O'Donnell also presented pros and cons of using the Boutwell School as either an all kindergarten facility or as a K-5 elementary school. O'Donnell said she will recommend to the school committee March 8 that the Boutwell be used as a kindergarten center.... The committee also heard a tied-in report on the status

of school busing for next year from Transportation Coordinator Jim Gillis.

The subcommittee did not set a new meeting date, but will wait for an indication from the school committee as to whether or not they will continue to serve as a subcommittee.

• **The Wilmington School Committee** met Wednesday, March 8 at 7:00 in Town Hall Room 9. At that time, Superintendent of Schools Dr. Geraldine O'Donnell was to present her 1995-96 school year preliminary budget to the committee for approval.

• **The Wilmington School Subcommittee on Secretaries** will meet Monday, March 20 at 6:00 p.m. at the Roman House.

• **The Wilmington School Subcommittee on Policy/PACs** will meet Wednesday, March 29 at 6:30 p.m. at the Roman House.

• **Regional School Committee** meets at 7:30 p.m. in the Shawsheen Regional Technical High School Conference Room in Billerica. Next meeting: **Tuesday, March 28.** At their last meeting, Feb. 28, the committee held a public hearing on the FY 96 regional school budget, followed by the regular committee meeting.

• **Personnel Subcommittee of the Regional School Committee** will meet Tuesday, March 21 at 6:30 p.m. in the Small Conference Room of Shawsheen Tech.

• **The Redevelopment Authority** meets on the third Thursday each month at 7:00 p.m. at the Wilmington Chamber of Commerce, 5 Middlesex Ave., Suite 12. Next meeting: **Thursday, March 16** and then **Thursday, April 20.**

• **The West Intermediate School Advisory Council** last met Thursday, March 9 at 4:00 p.m. in the school's library. At that time, the council continued its review of a survey on a present school improvement plan and initiated a plan for the 1995-96 school year.

• **AFCME Unit 2** last met: **Wednesday, March 9** at 5:00 p.m. in Town Hall Room 4.

• **The Board of Health** next meets Monday, March 20 at 5:15 p.m. in Town Hall Room 9. Included as part of the board's last meeting, held March 6, was a public hearing at 5:30 to receive input (oral or written) on proposed local regulations designed to supplement state Title 5 regulations concerning septic systems. Around 15 people attended, voicing concerns over inspections, failures and upgrades of septic systems and cesspools.

• **The Council for the Arts** meets on the 1st Wednesday each month at 7:00 p.m. at the Arts Center, on Church Street. Next meeting: **Wednesday, April 5.**

• **The Board of Water and Sewer Commissioners** was last scheduled to meet Wednesday, March 8 at 6:00 p.m. in the Town Hall Auditorium.

• **The Wilmington Memorial Library Long Range Planning Committee** next meets Thursday, March 16 at 1:30 p.m. in the Bicentennial Room at the library.

• **The Wilmington Commission for Disabilities** was scheduled to meet Wednesday, March 15 at 6:00 p.m. in Town Hall Room 4.

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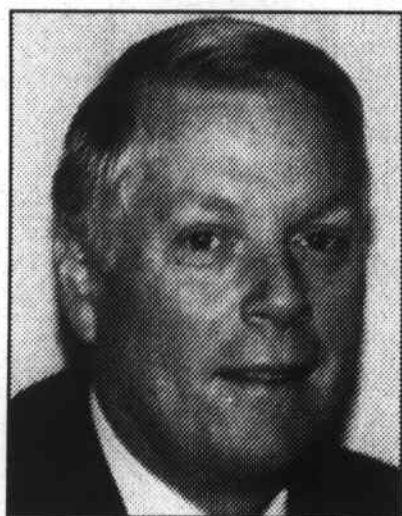


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M.C.

Thank You God!

Pray 9 Hail Mary's during 9 days. Ask three wishes, one concerning business and 2 impossible. On the 9th day, publish this article and your wishes will be answered, even though you may not believe it.

M.S.

Bruce Murison appointed director of Mission of Deeds



Anthony J. Triglione, president of the Wilmington-based Mission of Deeds, Inc. has announced the appointment of Bruce C. Murison of Woburn as director of the non-profit agency. Mission of Deeds, established over two years ago delivers donated and new furniture as well as household necessities, at no cost to the homeless, fire victims, battered women, and other persons in need. Murison, who grew up in Woburn, graduated from Woburn High School in 1968, and from Tufts University, Medford, in 1972, with a bachelor's degree in mathematics. He spent 18 years with

the New England in a range of capacities, including administration, sales, marketing and investment management. In 1991 Murison started his own firm, an investment and brokerage company located in Woburn.

During his more than two decades in the business world, Murison said he found himself increasingly involved in, and drawn to, a range of human service and spiritual activities. These include his service with Mount Horeb Masonic Lodge of Woburn, where he was master of the lodge in 1977. Murison has also served as a volunteer in social service programs, assisting in soup kitchens and nursing homes, as well as programs for prisoners.

Murison said his goals with Mission of Deeds are to spread the news about Mission of Deeds, recruit volunteers, and seek to increase both monetary and furniture donations. Mission of Deeds volunteers pick up donated furniture and other household goods in good usable condition and deliver these, at no cost, to needy persons. The names of recipients come from two dozen established private and public agencies dedicated to meeting human needs.

Anyone interested in volunteering in the work of Mission of Deeds, or making donations of furniture or money to enable the Mission to continue its work, may write to Mission of Deeds, Inc., P.O. Box 764, Wilmington, MA 01887, or call 508-657-5135. All contributions to the Mission of Deeds are tax-deductible.

K-registration March 27 to 31 in Tewksbury

Kindergarten registration for the 1995-96 school year will be held in the final week of March.

Registrations will be accepted at all four elementary schools from 9 a.m. to noon, and 1 to 2:30 p.m., Monday through Friday, March 27 through March 31. Also, registrations will be taken at all four schools on the evening of Thursday, March 30, from 6:30 to 8:30 p.m.

All youngsters must be five years old as of August 31, 1995. Birth certificates must be presented and proof of immunizations for DTP (5 doses), polio (4 doses), MMR (2 doses) and lead screening must be presented during registration.



Steve Leet has been elected Captain of the Wilmington Minutemen Company. He will be seen leading the men and women in parades around Massachusetts and at Wilmington's Liberty Pole Capping on 24 & 25 June.



Amanda Farkas to appear in "Ice Chips"

Amanda Farkas of Wilmington will appear in the 83rd edition of "Ice Chips" March 25 and 26 earlier than in previous years.

This annual production by the Skating Club of Boston stars Calla Ubanski and Rocky Marvel, Olympic and world team pair skaters. Also featured are many national and local skaters.

Skating in her eighth Ice Chips, Amanda will be a featured soloist. She is the 1994 New England Senior Ladies Champion; competed in six U.S. Nationals and last October represented the USA at "Skate Canada" in Red Deer, Alberta. She's a sophomore at B.U., School of Management.

The four performances will be held at the Walter Brown Arena at Boston University: Sat., March 25 at 2 and 7:30 p.m. and Sun., March 26 at noon and 4 p.m.

A limited number of \$35 benefactor tickets are available for Saturday evening, which entitle the holder to prime seating and a reception with the stars following the performance.

Tickets are \$15 and \$12; group rates are available and may be ordered by calling 617-789-4266.

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Oscar Wilde (1854-1900)

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Fred Simon joins Sen. O'Brien's staff

State Senator John D. O'Brien (D-Andover) has announced that Frederick L. Simon of Tewksbury has joined his staff as an administrative assistant. Mr. Simon's responsibilities will include constituent services in the Senator's district, which includes Dracut, Tewksbury, Lawrence and Andover.

Mr. Simon was born and raised in the Acre section of Lowell before moving to Tewksbury 34 years ago. He lives at 1105 Chandler Street with his wife the former Elaine Anasoulis. The Simons' have three daughters, Maria, Julie and Millie Simon Default, and three grandchildren.

Mr. Simon brings to his new position over 34 years of experience in sales and management with the Metropolitan Insurance Company and the Raytheon Company. Sen. O'Brien cited Mr. Simon's extensive background in private industry as one of the principal reasons he decided to ask Mr. Simon to join his staff.

In addition to his professional background, Sen. O'Brien noted Mr. Simon's strong ties to the Merrimack Valley and involvement in community activities as other reasons why Mr. Simon will be an asset to his office. While at Raytheon, Mr. Simon served on a committee to help raise money for charities such as the Eagle-Tribune Santa Fund. As a member of the Lowell based Highland Players Theater Group, Mr. Simon also helps raise money for other charitable causes. Mr. Simon volunteers his time at the Middle

East booth at the annual Lowell Folk Festival and was recently appointed to the executive board of the Greater Lowell Council 238 of the Boy Scouts of America. The Simons' are members of the Saint George Antiochian Orthodox Church of Lowell where Mr. Simon is a 25 year member of the parish council and a founding member of the Eastern Orthodox Council of Churches.

"The business of being a state

senator is much more than simply voting "yea" or "nay" on legislation - it means working on behalf of the people we represent. I know of few people who understand that better than Fred Simon of Tewksbury," noted Sen. O'Brien, adding further, "Fred Simon has a strong record of helping people. I am fortunate to have someone of Fred Simon's caliber on my staff to assist the constituents of my senate district."

DEP kicks in \$100K for Rocco dump job

The Massachusetts Department of Environmental Protection (DEP) will provide an estimated \$100,000 worth of engineering services to the town of Tewksbury to perform site assessment work on the former Rocco landfill, an important first step toward ultimately closing and capping the former dump.

The 42 acre privately owned landfill has been inactive since 1980, but continues to pose an environmental threat because it has never been properly closed and capped. Legal efforts over the years to require the owners of the property, the Rocco family, to take responsibility for capping the site have been unsuccessful.

"We are working closely with the town of Tewksbury to try to address the difficult issues posed by this site," said DEP Northeast Regional Director William Gaughan. "We're

pleased to be able to provide this technical assistance to the community to keep the project moving forward, with the ultimate goal of getting the site properly capped as soon as possible."

The town of Tewksbury has recently conducted some preliminary engineering work on the site. The funding by DEP will pay for additional, more extensive work that needs to be done to assess conditions on the site in preparation for determining the best way to remediate existing contamination and construct a cap. Capping consists of covering the landfill with an impermeable material to prevent rainwater from percolating through the ground and leaching out contaminants.

The Rocco Landfill operated for 22 years before shutting down in 1979.

IT IS UNANIMOUS!

Dear Tewksbury Voters:

Cynthia Sullivan Scarano

was chosen to complete her father, Robert Sullivan's term on the Tewksbury Planning Board. Since her appointment, Cynthia has served with integrity & dedication. Join us in endorsing her candidacy for the Tewksbury Planning Board.



TEWKSBURY BOARD OF SELECTMAN

Chairman, Richard Peter Hanson, Joan M. Dunlevy, Thomas G. Conlon, Kevin Anderson, John J. Kelley, Jr.

Dear Tewksbury Voters:

Knowing Cynthia Sullivan Scarano

and her involvement within Tewksbury, I strongly endorse her candidacy for the Tewksbury Planning Board.

Her experience in planning coupled with her caring for the community, makes Cyndi the most qualified candidate for the Tewksbury Planning Board.

Sincerely,
REPRESENTATIVE JAMES MICELI



CYNTHIA SULLIVAN SCARANO
TEWKSBURY PLANNING BOARD

RICHARD "PETE" HANSON

for

SELECTMAN

WHAT WERE HIS CONCERNS THREE YEARS AGO?

- * Elimination of the trash collection fee
- * Proposed closing of the North Street School
- * Services for our Senior Citizens
- * Maintaining town services at a responsible and efficient level
- * Restoring pride in town government

**PETE HANSON BROUGHT THESE CONCERNS
TO TOWN HALL THREE YEARS AGO;
TODAY, THEY ARE NO LONGER ISSUES!**

VOTE

PETE HANSON

FOR SELECTMAN

A Man Who Keeps His Word.

Political Ad Signed: Committee to Elect Richard "Pete" Hanson

Area police departments cooperating for safer driving on St. Patrick's Day

The towns of Billerica, Burlington, Chelmsford, Lowell, Westford, Wilmington and Tyngsboro will be conducting intensive enforcement details this St. Patrick's Day. With grants from the Governor's Highway Safety Bureau in conjunction with the Middlesex County Traffic Safety Program and the Northern Middlesex Council of Governments these communities are working to increase awareness of traffic safety issues. The focus of this campaign is to increase use of safety belts and decrease impaired driving and speeding.

The initiative is unique as seven contiguous communities will be

increasing the number of officers dedicated solely to traffic enforcement over the course of the night. The equivalent of 20 additional officers will be on patrol in the area. To complement the stepped up enforcement each of the communities will continue educational and outreach activities.

"Education, combined with enforcement, can be a very effective tool in reducing needless death and injuries at the community level," said Nancy J. Luther, director of the Governor's Highway Safety Bureau. "Motorists must take responsibility for their own safety by buckling up, observing posted speed limits and not driving after drinking."

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Obituaries

Ernest E. Ardolino co-founder Skirts 'n' Flirts

Ernest E. Ardolino of Wilmington, died Tuesday, Feb. 7, 1995 at his winter residence in Holiday, Fla. He was 81.

He was a retired die supervisor for the Federal Paper Board Co. in Medford and a member of the United Methodist Church.

A World War II Army veteran, he was a member of the American Legion, co-founder of the Skirts 'n' Flirts Square Dance Club and a Cub Scout leader.

Survivors include his wife, Emelie Dora; two sons, David C. of Derry, N.H. and Paul A. of Holiday, Fl.; a bother, Albert J. of Medford; two sisters, Regina Newell of Lexington and Ruth Regan of Burlington and several nieces and nephews.

A memorial service will be held in Wilmington in April. Donations made in his memory to the Hernando-Pasco Hospice, 4422 Grand Blvd., New Port Richey, Fl., 34652 will be appreciated.

Reginald R. Breeden World War II Naval Veteran

Reginald R. Breeden, 76, died Friday morning, March 10, 1995 at Saints Memorial Medical Center after a lengthy illness. He was the husband of Marion L. (Holt) Breeden, with whom he celebrated their 49th wedding anniversary November 1, 1994.

He was born in Washington, D.C., August 31, 1918, the son of Pascal and Beatrice (Boundy) Breeden. He was raised in Medford, but lived in Tewksbury since 1956. He was a retired first class machinist at the Boston Naval Ship Yard.

During World War II he served in the U.S. Navy SeaBees Engineering Division.

Mr. Breeden was a member of the Tewksbury/Wilmington Elks Lodge #2070, the Veterans of Foreign Wars, Logan Post, Somerville and the A.F. & A.M. Malden Lodge.

In addition to his wife, he is survived by one daughter, Janet Anderson of Lowell; three grandchildren, Cheryl Markland of Essex, Laurie Anderson of Malden and Duane Anderson of Amesbury; two brothers, Kermit Breeden of Plainville and Paul Breeden of Woburn; three sisters, Audrey Anzalone of Danville, N.H., Sylvia Cobb of Tewksbury and Lillian Groves of Medford; four sisters-in-law, Mildred Donaldson of Calif., Evelyn Holt of Malden, Marjorie Muse of Wakefield and Lillian Tenney of Tewksbury.

He was also the brother of the late Beatrice Magee.

Funeral services were held Monday, March 12, 11 a.m. in Tewksbury Funeral Home with the Rev. Paul Millin officiating.

Burial will be in Tewksbury Cemetery.

Thomas S. Caiazzo World War II Coast Guard Vet.

Thomas S. Caiazzo, of Wilmington, formerly of Everett, husband of Louise I. (Cafasso) died at home, March 13, 1995. The son of the late Peter and Regina Caiazzo he was 69.

Mr. Caiazzo was a World War II Coast Guard veteran and a retired truck driver.

He was the father of Thomas S. Caiazzo Jr. of Swampscott; Janet Reddington of Fl.; Judith Diamond of Everett; Jayne Scanlan of Ky.; Jean Caiazzo, Joan Gillespie, Julie Robarge and Joyce Delaney Desilets all of Wilmington.

He was the brother of Sam,

George, Frank, Peter, Rose Giannelli; Mary Rodrigues and Antonette Marsiello. He is also survived by 20 grandchildren and one great-grandson.

Funeral services were scheduled from the Cafasso & Sons Funeral Home of Everett Thursday morning at 8:15 followed by a funeral mass in St. Anthony's Church at 9:15. Interment in Woodlawn Cemetery, Everett.

Donations made in his memory to the charity of one's choice will be appreciated.

Francis X. Velozo World War II Army Vet

Francis X. "Frank" Velozo, 68, died unexpectedly at his Saunders Circle residence Tuesday afternoon, March 14, 1995.

Born in Cambridge November 9, 1926, he was the son of the late Joseph and Anna (Freitas) Velozo, and was raised in the Boston area. He lived in Wilmington, Billerica and Tewksbury most of his life.

During World War II he served in the Pacific Theater of Operations

with the U.S. Army and in earlier years operated a taxi. He most recently worked as bartender at the Tewksbury/Wilmington Elks Lodge #2070. He was a member of the Elks and a communicant of St. William's Church.

Mr. Velozo is survived by two sons and a daughter-in-law, Wayne and Kelly (Flaherty) Velozo and Francis A. Velozo of Tewksbury; four brothers, John Velozo of Arlington, William Velozo of Springfield, George Velozo of Wilmington and Bobby Lage of Billerica; one sister, Anne Sousa of Wilmington and two granddaughters Janell Velozo and Kayla Velozo both of Tewksbury.

He was also the father of the late Joseph Velozo.

His funeral will be held Friday at 11 a.m. from the Tewksbury Funeral Home, corner of Dewey and Main Sts. (Rte. 38) Tewksbury, Center, followed by a funeral mass at noon in St. William's Church, 1351 Main St. (Rte. 38) Tewksbury. Burial will be in Wildwood Cemetery, Wilmington.

Friends may call at the funeral home Thursday from 4 to 7 p.m. Burial

Harry J. Cutter Wilmington native, 50 year Mason

Harry J. Cutter, a lifelong resident of Wilmington, died in Westford on March 12, 1995 following a lengthy illness. He was born in Wilmington 86 years ago, and in the early years, served as a call fireman and special policeman for the town.

Mr. Cutter was a carpenter with the B&M Railroad until his retirement and was an early active member of the Wilmington United Methodist Church, a 50 year member of Friendship Lodge of Masons, a member of Aleppo Temple and Sovagan Lodge, I.O.O.F. #38 of Wakefield.

He was the widower of Elizabeth (Gracie) and father of Elizabeth L. Capaldo and Marion S. Trites both of Billerica, Ruth Ann Dragon of Turner, Maine; brother of

Charlotte Gilchrist of No. Carolina, Helen Dacey of Wilmington, Dorothy Gillespie of California and Arthur and Henry Cutter, both of Wilmington. Many grandchildren and great-grandchildren also survive.

Funeral services, under the direction of the Nichols Funeral Home, were held at Wilmington United Methodist Church Thursday, March 16, at 1 p.m., with the Rev. Allen Bryan officiating. Masonic services were held Wednesday evening. Interment was in Wildwood Cemetery. Pallbearers for Mr. Cutter were Paul Trites, Billy Trites, Steven Capaldo and Robert Doucette.

Phyllis M. Shannahan retired nurse, at 69

Mrs. Phyllis Mary Shannahan a resident of Medfield, for the past 15 years, died March 9, 1995. She was 69.

Born in Boston June 8, 1925, she was the daughter of the late Louis DeFronzo and the late Mary (Pasquale) DeFronzo. She was educated in East Boston Schools where she graduated in 1941. She received her training in the nursing field at Heritage (formerly Central) Hospital in Somerville and was employed there for over 30 years.

She was the widow of Thomas R. Shannahan and is survived by her daughter, Maureen S. McGowan of Medfield; her son, Thomas W. Shannahan of Tewksbury; her

granddaughter and grandson, Kellie Shannahan and Daniel Shannahan, also of Tewksbury; her grandsons Michael and Andrew McGowan both of Medfield and her brother, Louis DeFronzo Jr., also of Medfield.

She was also the mother of the late Doreen Shannahan.

Funeral services, under the direction of Roberts-Mitchell Funeral Home of Medfield were held in St. Edwards Church, Monday, March 13 at 1 p.m. Burial followed in Mt. Auburn Cemetery, Cambridge.

Donations made in her memory to the M.S.P.C.A., 350 So. Huntington Ave., Boston, MA 02130.

Mary E. Smith accomplished world traveller

Mrs. Mary E. (Burke) Smith, age 65, died Saturday morning at Saints Memorial Medical Center after a lengthy illness. She was the widow of Daniel S. Smith who died in 1971.

Born in Brighton April 12, 1929, she was the daughter of the late Thomas and Mary (McNamara) Burke. She was raised in Brighton; lived a large part of her life in Billerica; a short time in Peabody and moved to Tewksbury six months ago.

Mrs. Smith attended Burdette College in Boston, was a member of the Woburn Legion Auxiliary, AARP and the Retired State Employees Association. Prior to retirement she was employed as a head administrative assistant for the DEQE, now known as the Department of Environmental Protection, in the Boston office.

Since she moved to Tewksbury, she was a communicant of St. William's Church. She was an accomplished world traveler and

loved dining and dancing.

She is survived by three daughters and sons-in-law, Patricia and John Kittredge of Hudson, N.H., Kathleen and John Sholl of Tewksbury with whom she made her home and Ellen and William Donovan of Hudson, N.H.; two sons, William F. and his wife Wendy (Samaros) Smith of Litchfield, N.H. and Daniel T. Smith and his fiancée Linda Moses of Lowell; two brothers, William F. Burke of Natick and Thomas Burke of N.Y. and seven grandchildren.

She was also the sister of the late Edward J. Burke.

Funeral services were held at 9 a.m. Tuesday from the Tewksbury Funeral Home followed by a funeral mass in St. William's Church. Burial took place in Fox Hill Cemetery, Billerica.

Donations made in her memory to the Saints Memorial Medical Cntr., Oncology Dept., Hospital Dr., Lowell, MA 01852 will be appreciated.

Margaret T. Tighe retired bookkeeper, at 68

Margaret T. (Mullane) Tighe, 68, of Wilmington, died March 11 at the Lahey Clinic Medical Center, Burlington.

Born in Everett, she was the daughter of the late Timothy and Margaret (Curtin) Mullane. She lived in Everett prior to moving to Wilmington 35 years ago and prior to retirement was employed as a bookkeeper.

She was the wife of Edward J. Tighe and is survived by her daughters Judith C. DePaolo of

Groveland and Ellen M. Tighe of Wilmington; her grandson Daniel DePaolo of Groveland and her sister Katherine Carbonneau of Tewksbury.

Her funeral was held from the W.S. Cavanaugh & Son Funeral Home, 374 Main St. (Rt. 38), Wilmington, Tuesday morning at 8 followed by a funeral mass at St. Thomas Church at 9. Interment was in the family lot, Wildwood Cemetery.



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signed: for the Committee to Elect
Richard E. Griffin, Jr., Chairperson



Friends and relatives of Philomena Silva gathered on Sunday afternoon at the Woodbriar Nursing Home in Wilmington to wish her a happy 100th birthday. Philomena was honored by nearly fifty well wishers. She is shown here with her children: Lorraine Gibbons, Helen Haley, Donald Silva, Albert Correia, George Silva, Alice Burke and Walter Silva.

Church news

St. William's Church

Conducted by the Oblate Fathers, 1268 Main St., Suite #161, Tewksbury. Rectory phone: 851-7331; Religious Education Center: 851-3471.

Mass schedule: Saturday, 4 p.m. and 7 p.m.; Sunday, 9 a.m., 10:30 a.m. noon, and 5 p.m.

Confessions: Saturdays and eve of holy days, 3 to 3:45 p.m.; anytime at the rectory; First Friday before each mass.

Congregational Church in Tewksbury

Corner of East and Main Streets; the Rev. Paul Millin; 508-851-9411.

Sun., March 19: 10 a.m., Worship service led by Paul D. Millin; Church School for four years and up, nursery care provided; 11 a.m., 260th anniversary luncheon; 7 p.m., Junior and Senior High Youth Fellowship; 7:30 p.m., Interfaith choir rehearsal.

Mon., March 20 7:30 p.m., Carillon ringers rehearsal, Adult study class.

Tues., March 21 7 p.m., Church Council meeting.

Wed., March 22: 9 a.m., Friendship Circle.

Thurs., March 23: 6 p.m., Junior Youth Bells rehearsal; 7:30 p.m., Senior Choir rehearsal.

Sat., March 25: 6 p.m., Progressive Supper; call 851-8092 for more details and locations.

St. Elizabeth's Episcopal Church

Corner of Forest Street and Aldrich Road, Wilmington, 658-2487. The Rev. Deborah Paulson, vicar. The chapel is accessible to handicapped individuals. Service of the Holy Eucharist is at 10 a.m. each Sunday with coffee hour immediately following the service.

Thurs., March 16: 7:30 p.m., chorale rehearsal.

Fri., March 17: St. Patrick's Day, 9:30 a.m. to 2 p.m. Celtic Quiet Day at the Frey's; 3:30 p.m., Bible study.

Sun., March 19: 9 a.m., Chorale rehearsal; 10 a.m., Holy Eucharist, visit by Bishop Walmsley, Church School, Crib and Crawl Child Care, 11:30 a.m., pot luck luncheon and all-parish discussion session with the bishop.

Wed., March 22: 9:30 a.m., Bible study; 7:30 p.m., HOLY Eucharist with Guided Meditation; 8:15 p.m., Lenten Discussion Group - Issues of Faith.

Mar. 24-26: All parish painting weekend.

First Baptist Church of Tewksbury

The Rev. Richard Haley, 1500 Andover St., 851-6575

Sun., March 19 10 a.m., worship and Sunday school; 11 a.m., coffee and fellowship; 11:15 p.m., Junior Choir.

Mon., March 20 10 a.m., Adult Bible Study; 7:30 p.m., trustees; 8 p.m., Committee meeting.

Tues., March 21 6:30 p.m., Piecemakers.

Wed., March 22: Noon, adult luncheon 7:30 p.m., Choir.

First Baptist Church of Wilmington

173 Church St., Wilmington; 658-8584.

Thurs., March 16: 7 p.m., Choir rehearsal, Battalion (young men grades 7-12) at ALCS; 10 a.m., Women's Bible study (WOE); 6:30 p.m., Pioneers (girls grades 1-7); Stockades (boys gr. 3-6).

Sat., March 18: 8 a.m., Men's breakfast (3rd Sat.); 1 p.m., Al-Anon.

Sun., March 19: 9:30 a.m., Sunday School for all ages, adult electives, nursery care provided; 10:45 a.m., Worship service, Junior Church for ages 4-7, nursery care; 4 p.m., Junior High Youth Group at ALCS; 6 p.m., Senior High Youth Group ALCS.

Mon., March 20: 6:30 p.m., Tadpoles and Tree Climbers (boys ages four to seven) at Drapers.

Wed., March 22: 10 a.m., Women's Bible study; 7 p.m., Prayer service.

For details and location of each of these ministries, call the church Mon-Fri, 9 a.m. to 2 p.m. at (508) 658-8584.

Wilmington United Methodist Church

The Rev. Allen Bryan pastor, 658-8217, Ruth E. Pugh assistant pastor, 657-5224.

Wilmington's United Methodist Church is accessible to handicapped individuals.

Sun., March 19 8:15 a.m., informal communion service; 9 a.m., Church School, membership class; 10:30 a.m., Family Worship service, infant pre-school care; 4:30 p.m., Junior High MYF; 6 p.m., Senior High MYF, youth choir; 8 p.m., Al-Anon.

Mon., March 20: 3:15 p.m., Den meeting; 6:30 p.m., Webelos.

Tues., March 21: 6:15 p.m., Girl Scouts; 7:30 p.m., Choir; 8 p.m., Alcoholics Anonymous.

Wed. March 22: Noon, Esther Circle, Alcoholics Anonymous, 7 p.m., Worship, Evangelism.

Thurs., March 23: 10 a.m., Bible study and church; 7:30 p.m., Lenten Workshop.

Fri., March 24: 7:30 p.m., Alcoholics Anonymous.

Sat., March 25: 6 p.m., turkey dinner

Congregational Church in Wilmington

The Rev. Thomas F. Dean, pastor; 220 Middlesex Avenue; 658-2264.

Sun., March 19: Third Sunday of Lent; 9:30 a.m., Sunday School for all ages; 9:45 a.m., Senior Choir rehearsal; 10:30 a.m., Worship service followed by coffee hour; 6 p.m., Youth Group.

Mon., March 20: 7 p.m., Cub Scout Pack 56; 7:30 p.m., N. Anon., Women's Prayer & Praise.

Tues., March 21: 6:15 a.m., Morning prayer; 6 p.m., Handbell quartet; 7 p.m., Boy Scouts, Stewardship meeting.

Wed., March 22: 10 a.m., Bible Study; 6:30 p.m., 4-H; 7:30 p.m., Evening prayer, Choir rehearsal.

Thurs., March 23: 10 a.m., to 3 p.m., Food Co-op; 6:15 p.m., Handbell Choir; 8 p.m., N. Anon.

Sat., March 24 8:15 a.m., Men's study.

Sun., March 26: 9:30 a.m., Sunday school for all ages; 9:45 a.m., Choir rehearsal; 10:30 a.m., worship service followed by Lenten luncheon.

Reading Light seeks total quality

In an effort to enhance service to its customers in the four member communities, the Reading Municipal Light Department recently conducted a Total Quality Management (TQM) seminar for all 90 employees. The seminar was conducted to address the needs of the customer and to provide employees with information to respond to and address those needs. This is a continuation of the commitment to TQM already shown by the Commission by their attendance at similar seminars.

According to RMLD Human Resources Administrator Linda Bernat, the seminar outlined situations involving customer concerns in the field, as well as those concerns most often encountered at the RMLD operations center.

"The RMLD is aware of its commitment to provide quality

service and we encourage our employees to 'go the extra mile' for our customers," Bernat said. "These seminars allow us to inform and educate our employees as part of our on going training programs."

The RMLD is a member of the Center for Quality Management (CQM) a not-for-profit consortium of companies which develops and coordinates courses, roundtables, and seminars to implement quality management practices. Membership in CQM allows the RMLD to enhance its total quality management methods and practices among all employees.

In addition, the RMLD has implemented a "Share-a-Thought" program which encourages customers and employees to offer suggestions and solutions regarding RMLD related activities, programs and practices.

Stone's in the Garden

by Jackie-Leszczak Stone

Who wants to think about winter now, with spring just about to burst forth?

Well, try to force yourself to look at the white landscape one last time, while the memory of snow is fresh and trees are still bare. Because Now is a good time to plan for winter's interest in your landscape.

The winter garden can be full of color, texture and contrast. Color can come from berries, colored bark, and the varied hues of evergreens. Uniquely twisted branches, shaggy bark, and conifer needles contribute to texture in the winter landscape. The simple silhouette of a well placed tree or shrub against a wall, or the stark white of a birch tree against a bank of dark green hemlocks will add contrast. These three design elements combine to add year round beauty to your garden.

A wide variety of plants can contribute to winter color. The female plants of holy varieties provide berries on evergreen (Ilex meserveae) or deciduous (Ilex verticillata) branches. Viburnum shrubs (Viburnum trilobum and plicatum), crab apple trees (Malus varieties) and Hawthorns (try Crataegus viridis or Winter King) hold their fruit for more than half the winter and provide spring flowers while preparing for their winter fruit display.

Dogwood shrubs provide fabulous stem color during winter. They do best in or near damp locations. Cornus alba "Siberica" has the brightest red stems. C. alba Argenteomarginata shows red stems in winter and variegated leaves during the summer. The Golden Twig dogwood (D. sericea

Flaviramea) displays yellow stems in winter.

Interesting bark adds both color and contrast. The white bark of birch trees is a classic focal point for a New England winter garden. Chose Betula papyrifera and B. jacquemonti for the whitest bark. The rust colored, peeling bark of the Paper Bark Maple (Acer griseum) adds interest to a small garden, as does the bark of the Cornelian Cherry (Cornus Mas).

When selecting conifers for winter interest the terms to look for a "clauca" for blue and "aurea" for gold. Blue spruce is a joy in any season. Picea pungens glauca "Fat Albert" and "Hoops" are excellent varieties for small gardens. The gold foliage of the threadleaf cypress (Chamaecyparis pisifera pisifera "Filifera Aurea") glows on sunny winter days.

Few flowers bloom in winter in our area. However witchazel (Hamamelis) and health (Erica) will bloom during February in a warm, protected, Zone 6 location.

Try adding deciduous shrub to the front of an evergreen border to add winter contrast. The winged branches of the Burning Bush (Euonymus alatus) are interesting when combined with yews or rhododendron. On a larger scale, the graceful curly branches of the Contorted Willow (Salix matsudana) provide a graceful elegant effect against the winter sky.

Here in Tewksbury and Wilmington we have barren leafless trees for almost half the year. Planning to add winter color, texture and contrast to our gardens this season will insure landscape interest in the winter months to come.

Earthly garden lecture

Barbara McPhee, master gardener with Worcester County Extension, will give a lecture and slide show Saturday, April 1, at the First Church of Christ, Congregational, 25 Great Road, Bedford, MA from 10 a.m. to noon.

Barbara will focus on organic gardening and integrated pest management with topics to include soil preparation, composting,

mulching, and many others. A limited number of compost bins will be available for \$20 at the lecture.

The cost of the lecture is \$15 which includes refreshments. Call 508-692-9395 or mail registration and payment to Middlesex Conservation District, 319 Littleton Rd., Suite 205, Westford, MA 01886.

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Other factors which relate to the sale include the condition of the property, the price, and the accessibility of the property to other Realtors who want to show it. You should keep your home in top showing condition and make it easy for agents to show. And if your agent mentions a price reduction, you should consider it. A successful sale results from a close collaboration between you and your agent.

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by Edward H. Wilkens

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**German class
being offered
in Tewksbury**

Erica Lehrer, a German language educator from Tewksbury, will be conducting a new high intensity German language course for interested area residents.

"Fun with German" reduces from years to months the time needed to learn practical German language skills by providing high intensity training in essential grammatical structure as well as a working command of modern usage.

"This program is designed for the motivated, first-time German student," Miss Lehrer said.

The "Fun with German" course will begin April 5, and will be held every Wednesday in Tewksbury for 12 weeks. The program is limited to 10 area students.

For more information, call Michael de Bethencourt at 508-670-0813.



With the Lowell Street Burger King just a few minutes old, Wilmington youth Chris Butler, 13, left, Robynne Vertigans, 14, and Nick Butler, 10, right, have already perfected their fast food techniques. Here, Vertigans negotiates a tricky, cross-body soda appropriation, over Chris Butler's french fry dunk; meanwhile, Chris Butler has found his zone, completing a two-handed jam (photo by Jeff Nazzaro).

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**Anniversary**

William and Marie Rice of Heath Street, Tewksbury will observe their 46th wedding anniversary March 26

To enter

To enter an item in Bits & Pieces, call the Town Crier at 658-2346 days and Tuesday nights or 658-2907 other nights and weekends. Ask for BeeDee.

Mary Fisher

Mary F. Fisher, daughter of Robert and Joanne Fisher of Morningside Drive, Wilmington

Bits & pieces**Birthdays**

Barbara Sousa of Salem Street, Wilmington, Amy LaCambria of School Street and Margaret Perry of Pineridge Road will share birthday greetings March 20.

Anne Crispo of Hopkins Street, Wilmington seems to have her March 21 birthday all to herself.

March 22 will mark the special day of Evelyn Profirio of Nickerson Avenue, Wilmington.

Kim Carson of East Street, Tewksbury, Pamela Barry of Ward Street and Anthony Krzeminski of Moore Street, Wilmington will all be a year wiser on March 23.

Jamie Boudreau of Roosevelt Road, Wilmington, Pat O'Brien of Cottage Street Joseph Gallant of Cunningham Street; Joanne Gallant of Oregon Road, Tewksbury and Bob Alfeiri of Beech Street will all be listening to the strains of "happy Birthday" on March 24.

March 25 will mark the special day of Dorothy Nugent of McNeil Way, Tewksbury

has been named to the dean's list for the fall semester at Quinnipiac College, Hamden, Conn., where she is a senior majoring in veterinary technology.

Reading Art Association

The Reading Art Association will hold its annual members' art sale and exhibit at the First Congregational Church, Sanborn Street. There is no admission fee and the public is invited.

On Friday, March 31, the exhibit will be open from 7:30 to 9:30 p.m.; Sat., April 1 from 10 a.m. to 4 p.m. Applications are available. For information, call 508-664-1734.

David F. Maglio, Jr.

David F. Maglio, Jr. of Lawrence Street, Wilmington has been named to the dean's list at American International College, Springfield for the fall semester.

A freshman political science major, he is the son of David and Marcia Maglio.

AIM meets March 21

Wilmington's Aim group will meet from 9:30 a.m. to 2:30 p.m., Tuesday, March 21 at K of C Hall on School Street Ext.

Public invited.

Lunch will be available and a 50/50 will be enjoyed.

Kimberly White

Kimberly White, daughter of Mary Ann and Roy White, Sr. of Wilmington has been named to the dean's list for the first academic semester at Fisher College.

A 1993 graduate of WHS, Kimberly is a travel and hospitality management major at Fisher College.

Spring craft fair

Wilmington's Wildwood School will hold its second spring craft fair Saturday, March 18 from 10 a.m. to 4 p.m. Food and beverages will be available throughout the day and there will be activities for children as well as free babysitting.

More than 30 crafters will be present with a wide array of items for sale. This is a fundraiser for the trip to Nature's Classroom by next year's fifth grade class.

Shawsheen PAC

Wilmington's Shawsheen School PAC meeting will be held Wed., March 29 from 7 to 8:30 p.m. in the school cafeteria. All parents welcome.

Stop smoking

Those interested in quitting the smoking habit are invited to leave their excuses at home and head for one of the free smoking cessation programs at MCC Bedford Campus, Springs Road.

Monday and Wednesday for five weeks beginning March 27 the programs are scheduled for lunch breaks, 11:30 a.m. to 12:30 p.m. and after work from 5 to 6. Call 508-656-3200, ext. 3764.

Michele Semonelli

Michele E. Semonelli of Oak Court, Wilmington, a 1992 graduate of WHS, is an ambassador for the admissions office at St. Lawrence University in Canton, N.Y., where she is a junior.

**Strategies for stress
management**

Strategies for Stress Management will be the topic of the next Health Highlights lecture to be given at Lahey Clinic North, March 27 at 7:30 p.m.

The lecture is part of a free evening lecture series focused on maintaining and enhancing general wellness. Call 508-538-4040 for more information.

Dean's list at Suffolk

John Pepe, Stephen Pepe, Brian Pupa, Christian Botte and Stacey Stewart, all of Wilmington have been named to the dean's honor list for the fall semester at Suffolk University's College of Liberal Arts and Sciences.

Michael S. Botte and Connie DiSarra have been named to the dean's list Suffolk in the School of Management.

Conversational Spanish

A course in intermediate conversational Spanish will be offered Wed., March 22-May 3, 6:30 to 8:30 p.m. at MCC's Lowell City Campus, Kearney Square, or Mon., March 27-May 15 at MCC's Bedford Campus, Springs Road, seven meetings. Call 1-800-643-5739 for more information.

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Coming events

Wilmington date book

Wed., March 15: 6:30 p.m., Wil. Women's Club guest night. Call 658-2100 by March 8.

Wed., March 15: 7 p.m., at West Int. School; parents meeting to discuss family living/human sexuality course. All parents invited.

Wed., March 15: 7:30 p.m., Wil. Area Evening Chap. AARP meets at Winchester Family Medical Center, Salem St. Call 508-658-2917.

Thurs., March 16: 7 p.m., senior citizen March social at Elks Hall, Tewks.

Sat., March 18: 10 a.m. to 4 p.m., Wildwood School Spring Craft Fair. Fifty spaces available. Call 658-0599.

Mon., March 20: 7 p.m., WHS PAC meets in the school library.

Tues., March 21: 1:30 p.m., W Council on Aging meets at the Senior Center. Guest speaker will address scams.

Wed., March 22: 7 p.m., at St. Thomas Church Hall, informational meeting regarding trip to Athens and the Islands.

Sat., March 25: 1 to 4:30 p.m., Arts Council crafts demonstration at Arts Center, Middlesex Avenue.

Sat., March 25: 7 p.m., Sons of Italy Hall, Ballardvale Street; mystery dinner theatre, "Who Killed the Director?" Call 658-5598.

Wed., March 29: Wil. Adult Ed presents Michael Davis piano workshop. Call 617-391-3228 for free brochure.

Wed., March 29: 7 to 8:30 p.m., Shawsheen School PAC meets in school cafe.

Sat., April 1: Deadline for submitting names to the Good Guy Committee.

Tues., April 4: 7 p.m. League of Women Voters of Wil. Candidates' Night in cafeteria at Shawsheen Elementary school.

Wed., April 12: 7 to 9 p.m., WHS Science Fair in the gym. Public invited.

Thurs., April 13: 7:30 p.m., Wil. Garden Club meets at 4th of July Headquarters.

Fri., April 21: 7:30 p.m. to midnight, Boosters Scholarship Dance at Sons of Italy Hall, Ballardvale Street. Call 658-4769.

Thurs., May 4: Wil. Chamber of Commerce Business Expo. Call 508-657-7211.

Fri., May 12: 29th Wil. Good Guy Banquet.

Crafts demonstration Saturday March 25 at Arts Center

Saturday afternoon, March 25 from 1 to 4:30, the Arts Council will sponsor a crafts demonstration by six craftsmen in six varied skills. The program is as follows:

Quilting, Jane Crane; gold leafing, Betsy Greco; block printing, Lucina Roark; jewelry making, Jean LaFavour; Marbleizing, Neil Clapp; pottery, John Taylor.

The demonstration will be held at the Arts Center on Middlesex Avenue (across from the Congregational Church). There is no charge, and the center is handicapped - accessible. The demonstrations will be held simultaneously so spectators may view as few or as many as they choose.

Openings in youth chorus

The Arts Council has announced that a limited number of openings in the Youth Chorus have become available. This group is comprised of young people in grades one through five. Since Mr. David Fuller, who inaugurated the Youth Chorus at the Arts Center has moved from the area, the council is fortunate to have as a teacher for this group, Ms. Debra D'Entremont who is a teacher of music in the Lexington School system. The group meets on Sundays.

For registration and further information call Mrs. Elizabeth White at 658-2042. The Youth Chorus has been an outstanding success, especially to the young participants!

Tech to present "Annie"

The sun may not come out "Tomorrow" but the cast of "Annie" from Shawsheen Tech will probably be rehearsing as a group or going over their lines and songs.

Members of the Drama Club have been working since November to prepare for the May performances of the musical about the orphaned moppet, her endearing dog, Sandy and the poor, rich and famous she encounters in depression era New York.

Performances will take place at the Locke Middle School Friday, May 5 at 7:30 p.m. and Saturday, May 6 at 2 and 7:30 p.m.

Tech teachers Paula Deal and Nancy Fox are directing the

production, DJ MacIntosh is the student director. Musical direction is by Kerrie Belluardo. Choreographer is by Deal and student choreographer Kevin Penrose. Design for the program, tickets and posters is by Shana Welch, technical illustration/ commercial design student. Parent Marilyn MacIntosh is providing computer support and marketing services.

Local cast members include Tewksbury residents Kellianne Beston, Julie Eichen, Heather Bryant, Lauren Benthall, Shana Welch, Keith Covert, Jen Money, Joanne Warble, Stacy Sicari, and Wilmington residents Amy Laffin, and Barbie Lawrence.

Mark Wilson to present at Lowell Camera Club

The Lowell Camera Club will present a very special evening with Mark Wilson, well known photographer and writer featured in the Boston Globe on Tuesday, April 4 at 7:30 p.m. at the Club's meeting location, the International Institute, 79 High St., Lowell.

Mark's program is entitled "Photojournalism at work - Looking for the Moment," a 45 minute, two projector show, which will thoroughly illustrate how a news photographer gets the photo to tell the story. Using slides and live narration, Mark will show some of

his award winning photos used in New England's largest newspaper and let you discover the whole process of news photojournalism. A question and answer session will be held at the end of the program, and light refreshments will be available.

Tickets for this main event of the year are \$5 and may be obtained by calling 508-251-8297 for information and payment, delivery of tickets.

The Lowell Camera Club meets on the first and third Tuesday of each month from September to June, and guests are always welcome.

YMCA Children's Learning Center

The Greater Lowell Family YMCA has announced the opening of its new Children's Learning Center, which offers both a morning pre-school and a full day pre-school program. The Center is a unique state licensed pre-school program for children ages 2.9 years to six years and offers a variety of educational and recreational activities on a daily basis.

Parents may choose a full day program (7 a.m. to 6 p.m.) or

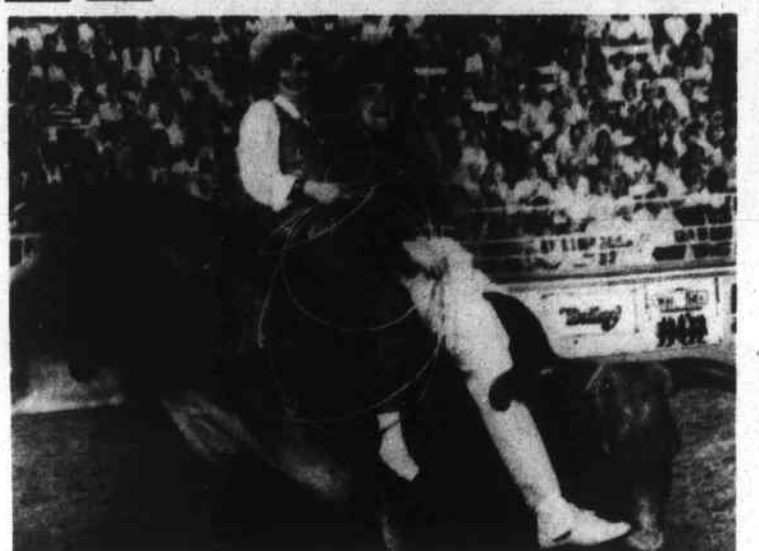
morning pre-school (9 to 11:30 a.m.) and may choose, two, three, four or five days a week. Call 508-454-7825 for more information.

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Tewksbury date book

Thurs., March 16: 7 p.m., Tewks. Historical Soc./Historic Comm joint meeting at the library.

Thurs., March 16: 3 p.m., Council on Aging meets at Tewks. Senior Center.

Tues., March 21: 6 to 7 p.m., Sen. John O'Brien office hours at Tewks. Town Hall, Main Street. Call 617-722-1612.

Wed., March 22: 10:30 a.m. to 12:30 p.m., VNA blood pressure clinic at Tewks. Senior Center, 175 Chandler St.

Fri., March 24: Second annual TMHS Athletic Hall of Fame banquet. Call 851-6796.

Sat., March 25: 9 a.m. to 1 p.m., at TMHS, babysitting course offered by Div. of Comm. Ed. Call 508-640-9658.

Sat., March 25: 5 to 6:30 p.m., buffet style ham and bean supper at First Baptist Church, 1500 rear, Andover Street. Call 851-6875.

Sat., March 25: 7:30 p.m. to midnight Tewks. Homecoming Committee fundraising dance at K of C Hall. Call 508-851-5523 or 640-1135.

Wed., March 29: 10:30 a.m. to 12:30 p.m., VNA blood pressure clinic at Tewks. Senior Center, 175 Chandler St.

Thurs., March 30: 10:15 a.m. Elder Services rep will address prostate cancer at Tewks. Senior Center.

Wed., April 5: 9:30 a.m., Food stamp program at Tewks. Senior Center.

Thurs., April 6: Tewks. seniors off to Red Lobster. Pay by March 29.

Sun., April 9: 7:30 to 11 a.m., Tewks. Seniors Sunday Breakfast event at the Center. Call 640-4482.

Sun., April 9: 7:30 to 11 a.m., Tewks. seniors Sunday breakfast.

Mon., April 10: Cong. Marty Meehan at Tewks. Senior Center to discuss Issues Facing the Elderly.

Mon., April 10: 6:30 to 8:30 p.m., Children's Summer Opportunity Fair at John W. Wynn Middle School.

Sat., April 29: Annual Spring Giant Yard Sale at Tewks. Senior Center.

Area date book

Wed., March 15: 7 to 9 p.m., Forum on breast cancer at Win. Hosp. Breast Care Center. Call 617-756-2220.

Thurs., March 16: 6:30 p.m., Retired Officers Club dinner at Hanscom AFB Officer's Club. Call 508-658-4886.

Mon., March 27: 7:30 p.m., Strategies for Stress Management lecture at Lahey Clinic North. Call 508-538-4040.

Mon., March 27: 11:30 a.m. to 12:30 p.m., Stop smoking seminar at MCC Bedford Campus, Springs Road. Call 508-656-3200 ext 3764.

Thurs., March 30: 7:30 p.m. Free Crohn's and Colitis ed. meeting in Winchester Hosp. cafe. Call 617-756-2040.

Fri., March 31: 7:30 to 9:30 p.m., Art Sale and Exhibit at First Congregational Church, Sanborn St., Reading. Call 508-664-1734.

Sat., April 1: 10 a.m. to 4 p.m., art sale and exhibit at First Congregational Church, Sanborn St., Reading. Call 508-644-1734.

April 19 and 21: 9 a.m. to noon, at Family Med. Cntr., Salem St., Wil., Babysitting seminar. Call 617-756-2220.

Fri., March 17: Lions Club sponsored dance, 7 p.m. to midnight at Hillview Country Club, North St., No. Reading. Call 508-658-4151.

Wed., March 18: 9 to 10:30 a.m., Learn how to develop your own business seminar, 70 Industrial Ave., Lowell. Call 508-875-4846.

Wed., March 20: 4:30 to 8:30 p.m., at Billerica Town Hall, 365 Boston Rd. Stop smoking with hypnosis seminar. Call 508-671-1335.

March 24-25: YMCA Kids Night Out, sleepover. Call 508-454-7825.

Sat., Mar. 25: 9 to 10:30 a.m., Learn how to develop your own business seminar, 70 Industrial Ave., Lowell. Call 508-875-4846.

Sat., Mar. 25: 10 a.m., Tot Shabbat at Temple Shalom Emeth, 14 Lexington St., Burlington. Call 617-272-2351.

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How the race works:

On April 22, 1995 little yellow rubber duckies will be launched into Silver Lake of the Shawsheen River on Rt. 129 @ the Wilmington / Billerica Town Lines for a race to the finish line. The duckies will be numbered. The numbers correspond to the ticket numbers which you can purchase. If the duck with your number on it crosses the finish line first, you win the Grand Prize, \$1000.00. Consolation prizes will be awarded for the next 2 Duckies to finish.

Rubber Duckie Sponsorships

Rubber Duckie Sponsorships cost \$5.00 each. Purchase a Family of 12 duckies for \$50.00 and receive 2 Free Duckies.

Rubber Duck Race Proceeds:

The Kiwanis Club of Wilmington, Inc. is part of a worldwide service organization of individuals who want to improve their communities. As a group, we achieve what we cannot do alone. Kiwanis perform service beyond the capability of the individual: assistance to the aging, the needy, and the youth; improvement of community. All individuals of good standing in the community are invited to join Kiwanis. We Meet Monday nights @ 7:00PM throughout the year at Harrows Restaurant Rt. 28 in Reading, MA.

How to Participate

Just fill in your name, address and telephone number, enclose total donation with bottom part of this form payable to Wilmington Kiwanis. You will receive a ticket with a number that matches the number on one of the rubber duckies.

Detach and Mail to: Wilmington Kiwanis, P. O. Box 263, Wilmington, MA 01887

Name _____
Address _____
City / State / Zip _____
Telephone _____

I wish to adopt _____ duckies @ \$5.00 \$
Adopt a whole family!
I wish to adopt _____ Families @ \$50.00 \$
Total enclosed \$ _____

Grand Prize
\$1000.00
Second Prize
\$100.00
Third Prize
\$50.00
7 consolation prizes of \$10.00 each

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Wilmington Library notes

Income tax help
For those who are still facing an April 15 deadline, the library has help from the IRS in the form of a video tape entitled "Video Guide to Taxes 1994" and an audio cassette tape "Audio Guide to Taxes 1994." Currently they are available for seven day loans. Standard tax forms are still available, as are books of other income tax forms which can be copied on the library's photocopy machines. For those who may still be struggling with prior years, the library keeps the reproducible forms for both state and federal taxes on hand for five years.

Museum of Fine Arts
The slide presentation given by volunteers of the museum's ladies committee on Thursday evening, March 9 was enthusiastically received by the audience. A thoroughly pleasant evening was enjoyed by all who attended the program which was sponsored jointly by the library and the Wilmington Council on the Arts. A display of books from the library's collection high lighted books published by the Museum as well as sales on related art subjects.

MFA Museum pass
As winter is nearly behind us and spring on the horizon activity is visible everywhere. Don't overlook the pleasures of getting out of the house and into the city, made so easy by the library's Museum Pass program. March events at the Museum of Fine Arts include a Monet exhibit and the continuing Dennis Miller Bunker exhibit of impressionist paintings. Besides the Egyptian and ship collections which are so popular with the children, any programs are planned for children on a regular basis. Drop-in activities for adults with children ages four and up are held the first Monday of every month from 11

a.m. to 4 p.m. Many weekday programs are held as well for school children 3:40 to 4:45.

Summer camps
Now is the time when plans are made for summer camp. One helpful resource is the American

Camping Association's annual Guide to Accredited Camps which is in the library's main reference section. The Children's Department also has pamphlets on file in its Parenting Collection.



Wilmington's Lil Holahan, 95, was queen for a day at the grand opening of the Burger King restaurant on Lowell Street Tuesday. Holahan franchisee and Wilmington resident Bill Frey's first customer at the new location, and, contrary to published reports, opted for the chicken sandwich over the Whopper (photo by Jeff Nazzaro).

Minuteman Home Care awarded grant

Minuteman Home Care of Burlington has been awarded a grant of \$1,140 from the Reynolds Metal Company and the National Association of Meal Programs. The grant will provide funding for 570 meals on wheels, the amount of meals served each day this winter. Minuteman Home Care is a private, non-profit organization that provides services to assist elders and others with long term care needs. Minuteman Home Care services are available in 16 towns including Wilmington. The grant comes at a time when demand for meals is increasing by 20 percent per year, a rate much

higher than the available state and federal funding. Donations from meal recipients and private fund raising are used to supplement money allocated through the state Executive Office of Elder Affairs. By supporting the efforts of the National Association of Meal Programs, Reynolds is providing much needed cash assistance to the local programs such as Minuteman Home Care.

Minuteman Home Care's meal program is able to manage on limited government funding because of donations of clients and the general public, but also because of the thousands of hours donated

by volunteer drivers and helpers at the luncheon sites. For many elders who are frail and homebound, the volunteer drivers provide their only daily contact. Each meal is planned by a dietician to provide 1/3 of the RDAs for essential nutrients and to meet the dietary guidelines of being low fat and low sodium. Meals are served at home to the frail and homebound, as well as at noon in the local senior centers. Anyone age 60 and older can participate in the luncheon programs at the senior centers, while the meals on wheels are available to anyone who is homebound and not able to prepare their main meal of the day.

Wilmington senior topics

The commissioners meeting will be held in the function room of the Senior Center Tuesday, March 21. The guest speaker will be a representative from MassBank. She will be speaking on scams being perpetrated against the elderly and other banking subjects. If you have any problems with banks that you would like to air, you will have the opportunity to do so at this meeting which is scheduled to begin at 1:30 p.m.

We will have free income tax assistance at the Senior Center for two more weeks. To make an appointment call the center at 657-7595 or 658-2258. We have a

few more time slots open either on Wednesday March 22 or Wednesday, March 29. Mollie and Joe have been working right through the day every Wednesday since February 8 and have helped a large number of seniors with their income taxes. Please do not arrive at the center to have your taxes done if you did not make an appointment.

The preparers will not be able to do your taxes. When they arrive at 9 a.m. we give them the appointment list of seniors to be helped. Unless your name is on the list you could not possibly be helped. "With only two weeks left, don't wait too long to call."

Nurse Ann will be doing cholesterol screenings in the Senior Center Tuesday morning March 28.

Those who have not had a screening for sometime are urged to be on hand. Cholesterol or too much saturated fat can build up plaque on the walls of blood vessels. Plaque can block arteries causing a heart attack or stroke. This is a medical problem that can go undetected until a heart attack or stroke strikes. That is why we should have a screening about every three to six months. If the level is too high, the nurse can suggest checking with a physician. All you may need is to be placed on a fat free diet. In that case, join the nutrition class and learn how to eat sensibly to keep your cholesterol level low.

There are two programs available to you if you need some help. One is the Good Neighbor Fund for those who need fuel but were over income for the federal and state fuel assistance program. The Good Neighbor Fund may be able to give you help if your income for a household of one is no higher than \$12,560; household of two, \$16,840; three, \$21,120. Seniors who qualified under the fuel assistance program for \$280 or \$150 and need help may also receive some more fuel through the Good Neighbor Fund. Call 508-458-3396 for more information.

The other program available is the Share program. This program offers a food package worth between \$30 and \$40 for only \$13, payable by cash or food stamps. All you have to do is be willing to share your time and talents with the community for two hours a month on a volunteer basis. Share packages usually consist of six to 10 pounds of meat, four seven pounds of fresh vegetables; two to four pounds of fruit, beans, rice or cereals, plus a few specialties. If interested all you have to do is register at Deming Way, see Ann Stanly, Dot Butler or Ken Dorrance. Have with you proof of your donated services. You will be told the Saturday the food will be given out.

Edie Cunningham

Minuteman menu

Week of March 20
Served at Burlington Senior Citizens Friendship Center, 45 Center St., where nutrition aide is Kay Cavanaugh. Call 270-1951 for reservations.

North Woburn/Wilmington at Veterans Senior Center, 144 School St., No. Woburn where Sue Trousil is site manager. Call 935-2239 for reservations.

Monday: Roast turkey, gravy, mashed potato, French cut green beans, wheat bread, fresh fruit, cranberry sauce.

Tuesday: Sweet/sour meatballs, baked potato, margarine, mixed vegetables, pumpernickel bread, chilled fruit, water pac fruit.

Wednesday: Beef mushroom soup, crackers, honey mustard chicken, broccoli, oatmeal, chilled fruit, water pac fruit.

Thursday: Stuffed peppers, tomato sauce, carrots, raisin bread, vanilla pudding, diet pudding.

Friday: Baked fish with chowder base and potatoes, biscuit, peas, cranberry cake, diet gelatin; alternate chick patty cran sauce

Wilmington seniors

Week of March 30

Monday: Chilled orange juice, beef strips, gravy on the side, oven baked potato, seasoned carrots, wheat bread and butter, pudding with topping and milk.

Tuesday: Breaded veal patti, fluffy rice, seasoned mixed vegetables, oatmeal bread, butter, chilled mixed fruit, chocolate chip cookies, milk.

Wednesday: Oven baked ham with pineapple, sweet potato, seasoned green beans, dinner roll and butter, Jello with topping and milk.

Thursday: Baked chicken filet, creamy mashed potato, seasoned spinach, wheat bread and butter, chilled peaches, brownie and milk.

Friday: Lemon pepper fish, whole herbed potato, seasoned broccoli, pumpernickel bread and butter, chilled plums ice cream and milk



Wilmington Sports Town Crier

All-Star glance.....	18
Youth Hockey	18+21
Outdoors Column	23

Wilmington Faculty all-stars to take on Harlem Rockets

Valentino Willis has been a fixture on the comedy basketball circuit for 25 years. No one else can come close to the number of laughs that Willis has generated over that time. Fans all over the world have been entertained by him...he is indeed one of the true comedic characters in all of show business.

Fans can catch Capt. "Magic" Valentino, Cathy Cox and the Harlem Rockets when they take on the Wilmington High School Faculty All-Stars at the WHS gym in Wilmington Thursday, March 30 at 7:15 p.m.

Willis has been able to achieve a life that few others have: he has

fulfilled both his passion for basketball and his love of comedy.

Valentino's story started on the basketball courts of New York City, where so many dreams begin. Although many also end there, Willis' dreams were fulfilled. He enjoyed a successful high school career before moving on to Norfolk State University in Virginia.

Following his graduation, Valentino spent time playing in a Pennsylvania League before kicking off his comedy basketball career. Since then, he has played thousands of games and traveled around the globe, showcasing his

special talent of playing great basketball and making people laugh.

Capt. "Magic" Valentino Willis made roughly 200 appearances a year with the Harlem Rockets, where he is both captain and coach. The rigor of travel hasn't slowed down the "Clown Prince," as he sounds just as excited now as he did when he started 25 years ago.

Willis says, "I figure I'm lucky because I enjoy what I'm doing. I've been around the world and I've enjoyed it all. I want to continue to entertain people for as long as possible."

Fans can purchase tickets at Shawsheen, North Intermediate and at the High School. Tickets can also be purchased at the box office the day of the game.

This fun-filled, exciting event is being sponsored by WHS Varsity Club. So come out and watch Capt. "Magic" Valentino Willis and the Harlem Rockets perform. There won't be any disappointment.

Tickets before the game are \$4 for adults and \$3 for children; at the gate, \$5 for adults and \$4 for children.



Captain "Magic" Valentino Willis will bring his basketball skills along with a few laughs to the WHS gymnasium, when the Harlem Rockets will take on the Wilmington Faculty all-stars on March 30, at 7:15.

Wilmington Pop Warner registration

Wilmington Pop Warner will be holding its football and cheerleading registration for the 1995 season Saturday, March 25 at Fourth of July Headquarters from 9 a.m. to 1 p.m.

Registration is open to boys and girls from Wilmington, Tewksbury and North Reading. It is recommended that to insure a roster spot you sign up early as a large turnout is expected again this year. To register participants must be between seven and 13 years old.

Wilmington Pop Warner is a member of the Middlesex League of the Pop Warner Football Conference of Eastern Mass. There are eight teams in the Middlesex League with a planned seven game league schedule. There will be at least three additional cross over games with teams from the North Shore League of the PWFCEM.

Wilmington Pop Warner participants in five levels of football competition:

E team, ages 7-8 and weight limits of 45-80; D team, 8-10, 55-90 pounds; C team, 9-11, weight 70-105; B team, 10-12, weight, 80-120 pounds; A team, 11-13 and weight limit, 100-140 pounds.

The D team through A team will accept participants in the 'over but lighter' category in which a football player can be a year older than the upper age limit, but must weigh 20 pounds less than the maximum weight limit as shown. As an example, an A team "over but lighter" can be 14 years of age (by July 1, 1995) and weigh no more than 120 pounds.

Each football team roster is limited to 35 players while each cheerleading roster is limited to 24 positions.

The cost of registration is \$25 per player/cheerleader with a

maximum of \$50 per family. In addition each family will be required to purchase 15 sports 'prize' calendars at a cost of \$75. The calendars are then to be sold with the proceeds to be kept by the seller.

The registration portion of the calendar are to be turned into Wilmington Pop Warner for future prize drawings. By selling all the calendars the actual registration cost is kept to only \$25 per player/cheerleader.

In addition to the registration fee, first time players and cheerleaders will be required to take an original or certified birth certificate which will be returned after the first game.

Practices will begin the first week of August and held at the Glen

Road Field (behind the town hall). Practices are held Monday through Thursday from 6 to 8 p.m. After the start of school, practices will be reduced to three times a week, (twice a week for the E team).

All games are held Sunday with the regular season opener on September 10. A sanctioned preseason game against a North Shore League team is scheduled for Sunday, Aug. 27.

Wilmington Pop Warner is looking for new members to join the Board of Directors as well as volunteers for the upcoming season. In order to insure another successful season, your help is urgently needed. For more information please call Dom Ritucci at 658-5933 or go to Fourth of July headquarters on March 25.

Inside: Erin Falzone named MVP of MVC girls basketball all-star game - see how the other locals did.

Grise takes first

Adrien Grise, a WHS graduate of 1991, is currently a student-athlete at UMass-Lowell where he competes for the winter and spring boys track teams.

On March third and fourth at the ECAC Championships in Kutztown, Pennsylvania, Grise

qualified when he finished in third place with a finish of 2:34.21 in the 1000 meter run. He also finished at a personal best with a time of 4:25.2 in the mile run.

Moe Mentos sponsors second annual Final Four contest

Town Crier sports fans can win a pair of Celtics tickets and dinner for two sponsored by Moe Mentos Restaurant and Sports Bar 2212 Main St. in Tewksbury and Merrimack Valley Dist. distributors of Miller Lite in the second annual Town Crier NCAA Final Four College Basketball Contest.

Last year, Sandy Dodge a mailman in Wilmington was the winner. This year if you can predict the four teams who will advance to the Final Four, you can reach out and touch the Celtics from floor level seats at an up coming game.

There is no purchase necessary.

Just fill out the coupon below with your final four predictions or fill out a coupon at Moe Mentos. All entries must be submitted by Saturday, March 18th at noon in the restaurant. **No entries** will be accepted at the Town Crier.

The winner will be announced at Moe Mentos before the Final game on Monday, April 3rd. If there is a tie predicting the final four, those participants will be asked to predict the final game and the margin of defeat. Any further tie will be broken by random drawing.

If no one guesses the final four correctly, the participant(s) with the most teams correct will be the winner - the same

system will be applied for ties.

Rules:

- 1) One entry per person.
- 2) No age restrictions.
- 3) Only one first prize - no runner-up prizes.
- 4) Dinner does not include any liquor or beer or wine.
- 5) Only coupons from the Town Crier and official entry forms from Moe Mentos will be accepted. They must be completely filled out.
- 6) No employee or family member of an employee of the Town Crier, Moe Mentos or Miller Lite is eligible.
- 7) All entries must be in at Moe Mentos on Saturday, March 18th at noon.



Town Crier Final Four
sponsored by Moe Mentos & Miller Lite



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Town: _____

Home Phone: _____

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Final Four Teams: _____

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Tewksbury well represented in MVC hoop all-star games

Junior forward Mike Torode



Tewksbury Memorial High School sent four representatives to the MVC boys and girls all-star games which were played at Wilmington High School this past Sunday afternoon.

From the boys squad was: Mike Torode (left) a junior forward; Brian Morris (right) a senior guard; John Kinnon (bottom right), a senior forward and finally from the girls squad junior forward Mandy DeRouche (bottom left).

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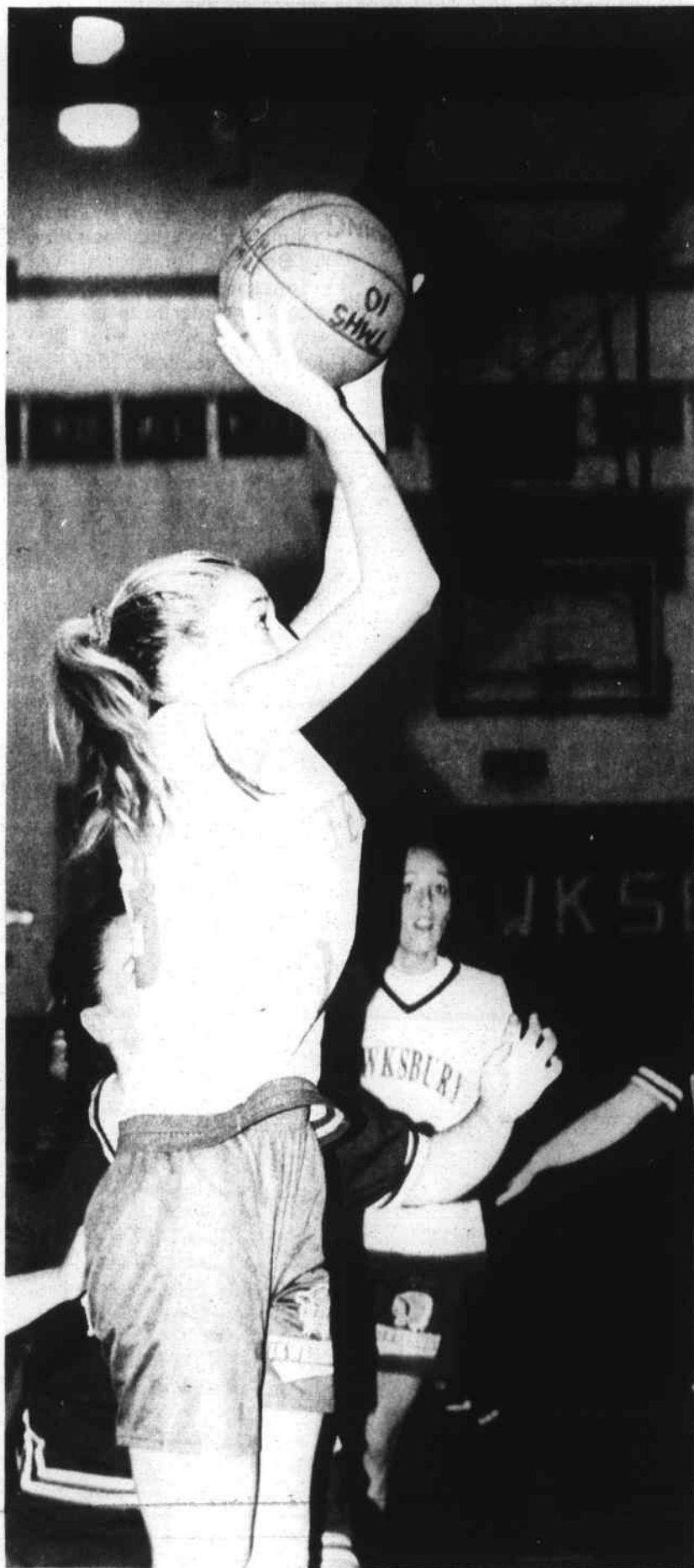
Mike Torode walked away with a solid afternoon with ten points as a junior in the MVC boys basketball all-star game. (Photo by Jeff Nazzaro).

Senior guard Brian Morris



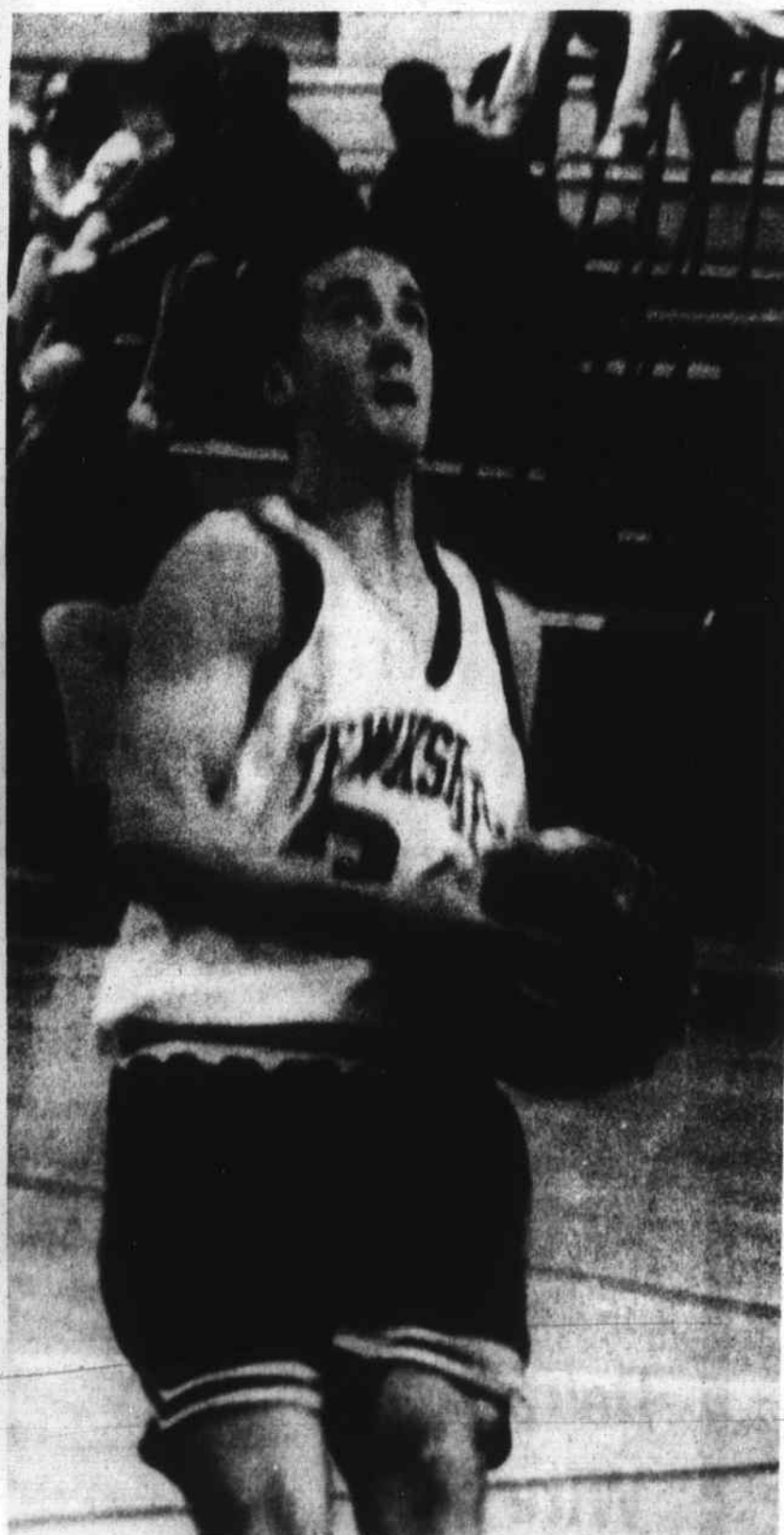
Brian Morris finished up a fantastic career at TMHS as a participant in the boys basketball all-star game played at WHS on Sunday afternoon. (Photo by Jeff Nazzaro).

Junior forward Mandy DeRouche



Mandy DeRouche, a junior, has had a fine season for the struggling TMHS girls basketball team where she was named a league all-star.

Senior forward John Kinnon



Senior John Kinnon finished the season very strong for the TMHS boys basketball team which earned him a spot on the MVC boys all-star game which was played this past Sunday. (Photo by Jeff Nazzaro).

WILMINGTON LITTLE LEAGUE LATE REGISTRATION

For those children who will be 8 but not 16 as of July 31, 1995.

Register on Saturday, March 18th
Fourth of July Building 10:30 am - Noon
Fee \$45.00/ea. - \$75.00/Family

Birth certificates required for all new players.
Any players still holding uniforms are requested to turn them in at this time.

WILMINGTON YOUTH HOCKEY ANNUAL MEETING

PLACE: Fourth of July Building
DATE: Wednesday, March 22nd
TIME: 7:30 p.m.

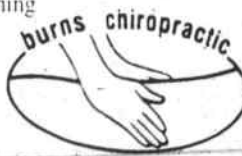
Seats Open: President - Vice President
Treasurer, Secretary and
8 Directors



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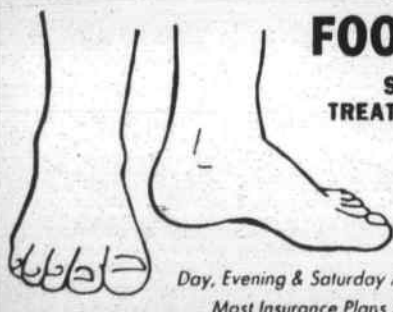
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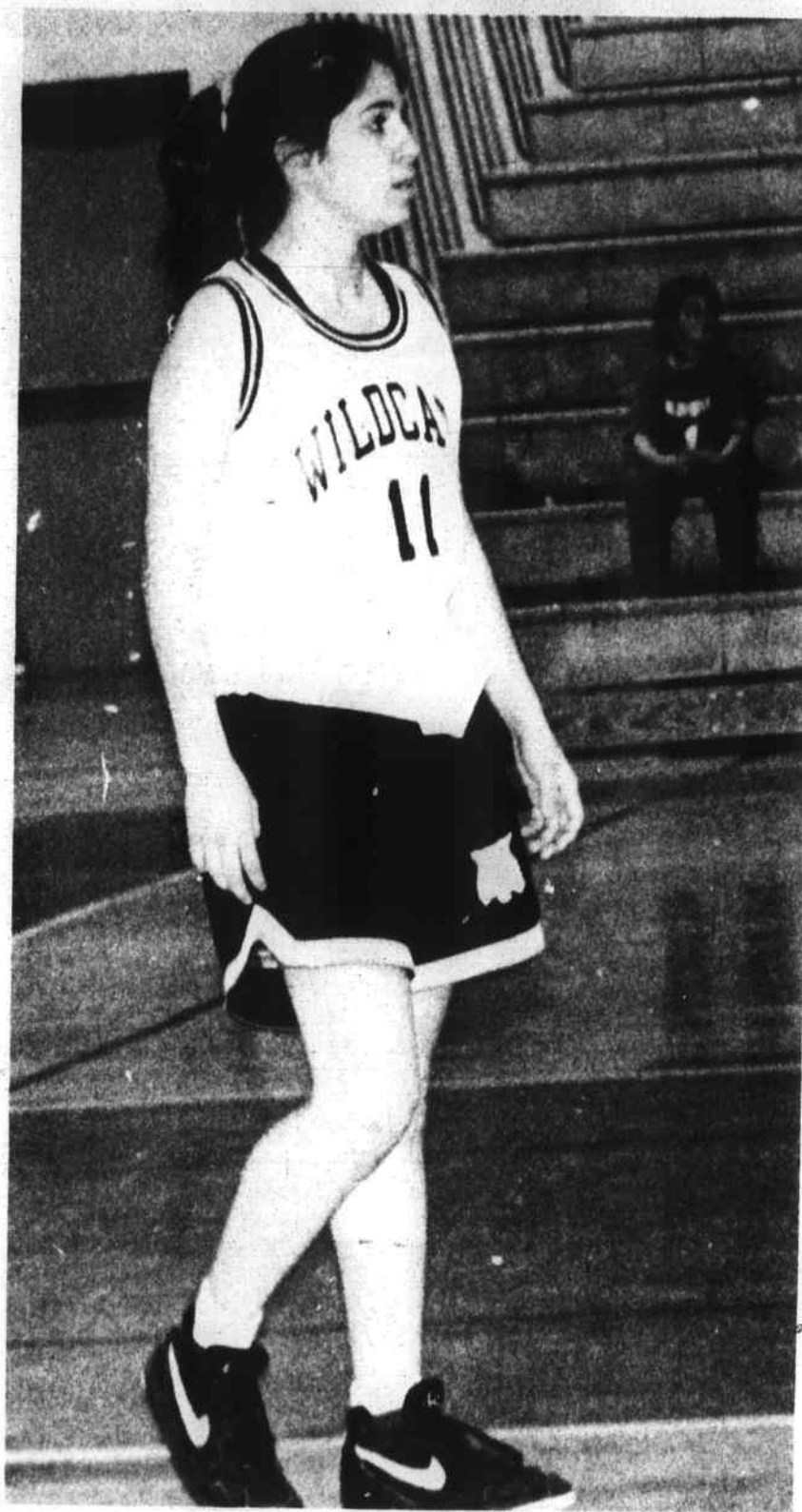
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Falzone named MVP; Harris makes squad for second consecutive year

Senior forward/center Erin Falzone



Senior Erin Falzone walked away as the Blue Team's MVP when she scored 12 points in the MVC girls all-star game.

by James Pote
They certainly fared well. With her 12 points, which was tied for her team's lead, WHS senior forward Erin Falzone walked away as the MVP for the blue team (made up of players from Wilmington, Methuen, Andover, Lawrence and Dracut) in this past Sunday's MVC girls all-star game, held at WHS.

Another forward from the Cats squad, Leanne Harris, a junior, also participated with a fine effort with two points.

The Lady Cats team also a fine season which ended with their first round loss to Notre Dame Academy in the first round of state

tournament action. These two players were a major reason of why the team got to that position.

Harris finished the season with an average of 12 points and nearly nine rebounds per game. This was her second straight year of being an all-star. It is also her third sport in which she participated in the all-star game.

Falzone started the year coming off the bench as the team's sixth player. She finished the season very strong by netting double figures in the last four regular season games. She too is a three sport star, playing volleyball and softball in addition to basketball.

Just like the boys, next year the girls should have a strong team. Harris and Lisa Southmayd will return as the two forwards with

freshman Rebecca Rodgers most likely going back to the center position. Renee Vachon and Jenna Tait will return to provide an experienced starting five.

Junior power forward Leanne Harris



Junior Leanne Harris continued to have a solid hoop season when she participated in the MVC girls all-star basketball game on Sunday.

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885 Main St.
Tewksbury, MA 01876
FAX (508) 851-5637

Squirt A's from page 18

With 48 seconds remaining, Ryan Layton closed out the scoring with an empty net goal to make it a 4-2 final. Chuck DiDomenico and Casey Duggan assisted as Layton pulled the puck out of what looked like a rugby scrum at center ice and scored on a shot from just inside the Spartan zone.

All of the Wildcats played particularly well in this team victory. Those not previously mentioned but contributing with solid two way play were defensemen Brian Aldrich, Greg Buck, Brian Corcoran, and Joe Luciano and wingers David Velardo and Jack Webb.

Wilmington 6 Tewksbury 0
Fresh from their victory over the NH Seacoast Spartans, the Wilmington Wildcat Squirt A hockey team continued its winning

ways with a 6-0 victory over the Tewksbury Redmen.

Wildcat goalie Justin Brady recorded his second shutout of the regular season and the line of Brian Velardo, Danny Liberty and Jack Webb combined for four goals and seven assists.

Wilmington came out red hot in this game scoring on the first three shots. Danny Liberty lit the lamp first at 10:06 with assists going to linemates Velardo and Webb.

One minute later, Ryan Higgins stole an errant Redmen pass at center ice and broke in along on the Tewksbury goal. Ryan drew the goalie out with a deke to the near side and scored on a backhand shot to make it 2-0 Wildcats.

The offensive onslaught continued as Wilmington scored twice more before the period ended. Liberty, assisted by Webb, scored his second of the day with 7:18 remaining. On the next shift, Danny returned the favor as he and Jack Webb assisted on Brian Velardo's goal at the five minute mark.

In the second period, it appeared the team had changed roles. Tewksbury came out storming the Wildcat net with shot for shot. The Redmen outshot the Wildcats 11 to 5 in the period and only the brilliant play of Brady and the Wildcat defense kept Tewksbury scoreless.

The Wildcat offense returned for

the third period, again dominating the play and scoring twice. Joe Luciano, playing left wing, scored off a lead pass from David Velardo to make it 5-0 and Brian Velardo closed out the scoring with his second goal of the day and 12th of

the regular season. Appropriately, Liberty and Webb assisted on Velardo's final tally.

TOWN OF WILMINGTON



COMMONWEALTH OF
MASSACHUSETTS
THE TRIAL COURT
THE PROBATE AND FAMILY
COURT DEPARTMENT

Middlesex Division
Docket No. 94P4974GI
Notice of
GUARDIANSHIP-
MENTALLY ILL
WITH SURETIES
NOTICE

To Delva I. Leone of Tewksbury in said County Middlesex and heirs apparent or presumptive:

A petition as amended has been presented in the above-captioned matter alleging that said Delva I. Leone is a mentally ill person and praying that Peter Leone and Martha Tulley of Tewksbury in the County of Middlesex or some other suitable person be appointed her guardians, with court authorization to treat with antipsychotic medication in accordance with the treatment plan.

If you desire to object to the allowance of said petition, you or your attorney must file a written appearance in said Court at Cambridge on or before April 6, 1995.

WITNESS, Sheila W. McGovern, Esquire, First Justice of said Court at Cambridge the sixth of March, in the year of our Lord one thousand nine hundred and ninety-five.

Donna Lambert
Register of Probate

PLANNING BOARD PUBLIC HEARING

In accordance with the provisions of M.G.L. Chapter 41, Section 81-T and 81-U, the Planning Board will hold a public hearing on Tuesday, April 4, 1995 at 7:45 p.m. in Room 9, Town Hall, 121 Glen Road, Wilmington, MA on the application of Mark A. Lopez whose address is 12 Crystal Road, Wilmington, MA 01887 concerning the Definitive Subdivision Plan entitled: "Definitive Subdivision Plan of Land, Somerset Estates, Wilmington, Massachusetts," dated: February 2, 1995, Scale: 1"=100', Engineer/Land Surveyor: Dana F. Perkins, Inc., 1215 Main Street, Unit 111, Tewksbury, MA 01876; located off Mystic Avenue shown as Assessor's Map 78 Parcel 1A and Assessor's Map 65 Parcels 22A & 22D. The proposed subdivision contains thirteen (13) lots.

A copy of the plan is on file at the Planning and Conservation Department, and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Richard A. Longo, Chair
Wilmington Planning Board

MASSACHUSETTS
DEPARTMENT OF
ENVIRONMENTAL
PROTECTION
DIVISION OF WETLANDS
AND WATERWAYS
N.E.R.O.

10 Commerce Way
Woburn, MA 01801
PUBLIC NOTICE

Pursuant to 33 U.S.C. 1341 and M.G.L. c. 21 §43, notice is given of a 401 water quality certification for the construction of a portion of Mather & Walnut Streets by Mary Nelson on Assessor's Map 6 in Wilmington to gain access to building lots. Comments or requests for information should be sent to the above address within 21 days of this notice.

M15

COMMONWEALTH OF
MASSACHUSETTS
THE TRIAL COURT
THE PROBATE AND FAMILY
COURT DEPARTMENT
ADMINISTRATION
WITHOUT SURETIES
MIDDLESEX DIVISION
DOCKET NO. 95P0571AD

Estate of Everett G.K. Carpenter late of Tewksbury, in the County of Middlesex.

NOTICE

A petition has been presented in the above captioned matter praying that Jean Schaefer of Tewksbury, in the County of Middlesex be appointed administratrix of said estate without giving surety on her bond.

If you desire to object to the allowance of said petition, you or your attorney must file a written appearance in said Court at Cambridge on or before 10:00 in the forenoon on April 7, 1995.

WITNESS, Sheila E. McGovern, Esquire, First Justice of said Court at Cambridge, the ninth day of March, in the year of our Lord one thousand nine hundred and ninety-five.

Donna M. Lambert
Register of Probate

M15

COMMONWEALTH OF
MASSACHUSETTS
THE TRIAL COURT
THE PROBATE AND FAMILY
COURT DEPARTMENT
Middlesex Division
Docket No. 95P0987GI
Notice of
GUARDIANSHIP-
MENTALLY ILL
WITH SURETIES
NOTICE

To George F. Longland of Wilmington in said County Middlesex and wife, heirs apparent or presumptive:

A petition has been presented in the above-captioned matter alleging that said George F. Longland is a mentally ill person and praying that Elizabeth L. Longland of Wilmington, in the County of Middlesex or some other suitable person be appointed his guardian.

If you desire to object to the allowance of said petition, you or your attorney must file a written appearance in said Court at Cambridge on or before April 7, 1995.

WITNESS, Sheila E. McGovern, Esquire, First Justice of said Court at Cambridge the seventh day of March, in the year of our Lord one thousand nine hundred and ninety-five.

M15

Donna Lambert
Register of Probate

M15

Suns going to finals

Junior Division Suns 37 76ers 24

The Suns advanced to the championship game with a total team effort in Tewksbury boys junior division basketball league playoff action.

The offense was provided by John Harrison (14 points), Scott Brezowski, Steve Kasprzak, John Muccio and Chris Parcella. Michael Rocco and Mark Dolan were standouts defensively while Tony Corsino, Adam Evans, Ryan Dunlevy, Mike DiFillipo and Jason Donohue played great games.

The 76ers were led by the offensive rebounding of Mike Blaisdell and the tenacious defense and hustle of Jared Tagliferro and Brian Pendergast. The 76ers showed great team offense with seven players in the scoring column.

Cavs 30 Warriors 23

This game was close throughout with the Cavs pulling out the victory late in the fourth quarter. Mike Bordenaro was the Cavs high scorer with ten points while James McCarthy and Andrew Simmons played strong defense and controlled the boards.

The Warriors hung tough led by game high scorer Matt McGinnis (12 points) and David McDonald (eight points). Ryan Byrne and Chris Manna were also standouts for the Warriors.

Intermediate Division Heat 32 Hornets 29

This hard fought battle was close from beginning to end. The Hornets' offense was led by the inside moves of Andrew Imbriglio (eight points) and the hustle of Paul Tortorici (nine points). Abel Ghanooni and Mike Lane provided the strong defensive pressure for the Hornets.

The Heat received clutch shooting from Jonathan Adams (ten points) and Brandon Tetrault while Steve Hession controlled the offensive and defensive boards.

Bullets 47 Friars 31

Richard Simpson was dominant on the offensive and defensive glass with strong rebounding adding to his 14 point offensive output. Anthony Clark and Brendon Campbell worked the inside as the Bullets pulled away in the second half.

The Friars were led by the hustling play of Chris Melo and Justin Marino. Mark Cintole and Ron Tarpale also were standouts for the Friars.

Senior division Bucks 45 Rockets 43

The Rockets raced to an early lead which was quickly wiped out by the tremendous outside shooting

of the game high scorer, the Bucks' Tim Sullivan (19 points).

The Bucks also received timely offense from Ron Heald and in-your-face defense from Bill Mackey and Eric Keskula. The offensive and defensive boards were controlled by Ryan Gath and Pat Hansen.

Mike French (12 points) and Ryan Stanton (ten points) kept the Rockets in the game offensively while Mark Morris and Mike Muccio hustled defensively. The standout rebounder for the Rockets was Scott Murphy.

Blazers 61 Bulls 45

The Blazers received an all around team effort against a very tough opponent. Brian Banusiewicz was the Blazers high scorer with 12 points while Justin Mercer was a force rebounding and Jason Stelmach was strong defensively.

Tony Ganchi also played an excellent all around game for the victors. The Bulls were led by Mike Niles' nine points and the solid offensive support from Chris Juffre and Ken Young. The aggressive rebounding of Pat Kiley kept the Bulls in the game.

The following are the matchup rosters for the TYBL championship games to be played at John W. Wynn Middle School Saturday, March 18.

Junior division championship at 10:00 Cavs

Name	Pos.	No.
James McCarthy	F	13
John Cintole	G	14
Andrew Simmons	C	10
Gerry Iannetta	G	7
Brian Campbell	G	15
Mike Bordenaro	G	12
Arnie Martel	G	14
Joey Tomame	F	3
Ken Meharg	C	11
Matt Mackey	F	16
Suns		
Adam Evans	F	16
Mike DeFillippo	F	14
Mike Rocco	C	3
Steve Kasprzak	G	11
John Muccio	G	8
Ryan Dunlevy	F	25
Chris Parcella	F	9

Jason Donohue	F	00
John Harrison	G	1
Tony Corsino	F	5

Intermediate division 12:00 Bullets

Steven Bagley	F	25
Brendan Campbell	C	45
Anthony Clark	F	17
Keith Curran	G	33
Jeff DiPrimio	G	27
Mike Ganchi	G	22
Brian Mackey	F	18
Derek Robson	F	29
Richard Simpson	C	20
Brian Sinkus	F	54
Dan Shanahan	F	24
Chase Wells	G	26

Heat

Fred Clark	F	23
Brendan Lewis	F	29
Steve Hession	C	40
Bret Schettino	G	19
Justin Elliott	G	22
Brandon Tetrault	F	20
Ryan Fisher	F	28
Jonathan Adams	G	17

David Scibilia	C	21
Joe Dooling	G	30
Mike Zunino	F	76
George Hazel	F	00

Senior division at 12:00 Bucks

Nick Caramella	G	3
Mike Day	G	12
Erik Gath	G	5
Ryan Gath	C	22
Pat Hansen	F	23
Ron Heald	G	20
Erik Keskula	C	22
Jonathan Lawrie	F	14
Bill Mackey	F	15
John McGrath	F	13
Jimmy Sullivan	G	1
Timmy Sullivan	F	21

Blazers

Brian Banusiewicz	G/F	20
Scott Becker	F	11
Chris Corbin	G/F	14
Larry Dingle	C	22
Tony Ganchi	G	10
Steven Kaminski	F	5
Dan Keefe	G	23
Paul Lemore	G/F	15
Justin Mercer	C	21
Frank Pinney	G	12
Mike Southward	G	1
Jason Stelmach	F	3



Junior Tewksbury defenseman Dave DeMelo stops Bishop Fenwick's John Silvey as sophomore Roger Tanguay and the Tewksbury bench look on (photo by Jeff Nazzaro).

Pacers upset Bucks, 23 - 21

Tewksbury Girls Basketball League completed the first round of playoff games last Saturday at the High School gym. The teams that remain are now in the final four for their respective leagues. The schedule for this weekend's playoff games is:

Pacers vs Eagles, and Spurs vs Blazers, 8:15 a.m.; Trojans vs 76ers and Cavaliers vs Buccaneers, 9:45 a.m.

All players attending Hall of Fame trip should meet at the high school parking lot no later than 2:45 p.m. buses leave promptly at 3.

Junior games

Pacers 23 Bucks 21

The Pacers upset the favored Buck team 23 - 21 on a huge basket by Carolyn Sanborn. Carolyn Sanborn (eight points) scored after catching a full court pass from Heather Laffey who also scored five points.

Additional scoring for the Pacers was provided by Vanessa Russell and Karen Whelan with three each and Erin Phelan and Tina Ferrante with two apiece. Major defensive credit goes to Jess Teal and Kara Kobelski who were matched with the Bucks' top performers.

The Bucks ended a great season on a game that saw many lead changes. There was great defensive work from Amanda Venuti and Leah Boudreau. Amy VonKahle shot great at the foul line and had nine points, Kelly Boyle and Tracy Steele each scored four points. All the girls on the Buck team played great this season.

Eagles 31 Terriers 20

The Eagles strong offense led by Lisa White 15, Ogechi Ibe six and Jessica Muese six was supported by outstanding defense from Brienne Smith, Jennifer Garipey, and Keri Brewin.

The Terriers scoring was led by Colleen Mulligan with eight points. Jamie McLaughlin scored seven, Lindsay Samples, four and Kristen Lamb one.

Spurs 34 Chiefs 15

Jessica Breslin scored 16 points, Sonia Theodor four, and Lisa Zunino two as the Spurs defeated the always tough Chiefs. Rachel Burke was defensive star for the week for the Spurs who also

received great effort from Katelin Westaway, Leigh Waterhouse, Kaitlyn Petros, Lauren Welch, Dawn Anderson and Stephanie Malley.

In this playoff game the Chiefs played very hard. Crystal Ornelas was high scorer with six points, Rachel Osterman, Christina Norway and Jamie Sullivan each added a point for the Chiefs. Mary Newton was outstanding on defense.

Blazers 22 Warriors 11

Kaitlyn O'Brien scored eight, Amie LeBoeuf five, Nicole Poirier four, Joanna Gallant three and Carolyn Danecki two as the Blazers

defeated the Warriors 22 - 11. Jessica Carew, Jackie Fortier and Meghan Harriman each scored three for the Warriors.

The Warriors played with good team effort against a strong Blazer team. The Warriors really hustled and with a good effort. Lindsay Orpen was super on defense with three steals and one blocked shot.

Senior games

Trojans 33 Panthers 19

The Trojans with scoring by Nicole Venuti ten, Caroline Lavoie six, Miranda Robinson six and Lyndsay Faherty four defeated the Panthers to advance to the Senior Division Wild Card Game. Lauren Cullity, Lauren Bibb and Stacy Ennis played strong defense for the Trojans who benefited from a well balanced offensive effort backed up with excellent defense.

Kim Anderson led the Panthers effort with 12 big points. The Panthers had trouble with the opponents excellent trapping defense. Erin Gilchrist was defensive player of the game for the Panthers.

Crusaders 26 Kings 16

The Crusaders defeated the Kings to advance to the Senior Division Wild Card Game. For the Kings

Erin Dineen scored five, Lyndsay Miller four, and Catherine Sheridan three. Jill Witham and Magan Winston played tough defense but couldn't stop Tiffany Driscoll who scored ten points for the Crusaders or Denise Surran who added nine more.

Cavaliers 29 Nuggets 19

Jennifer DeMaria and Patti Whelan were top scorers with six points each as the Cavaliers ended the season for the Nuggets. Scoring for the Nuggets were: Amanda Laneau, Rachel Hummrich and Christine Chaisson with four each, Julie Neary with three foul shots and Molly Boyle with two points.

Buccaneers 40 Huskies 4

Christine Chartier scored a game high 14 points as the Buccaneers defeated the Huskies. Also scoring big was Kerry Ford eight and Lauren Gustas eight. Chartier and Gustas dominated the boards and the Bucs had too much fire power for the smaller Husky team to overcome.

76ers 36 Sonics 19

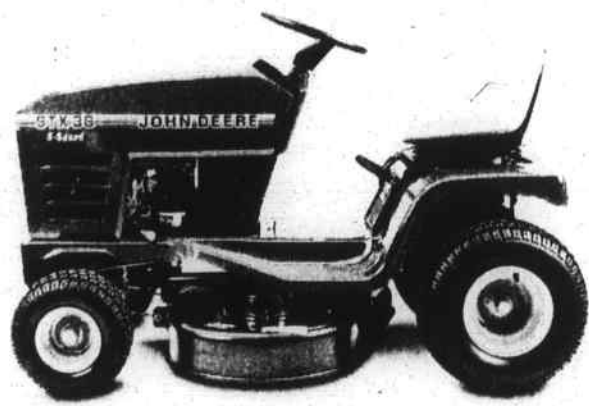
April Lambert scored eight, Kristen Cronin seven and Erica Shiner's six third quarter points led the 76ers to a win over the Sonics. Kristen Cronin and Erica Shiner played great all around games. They were aided by Sarah Keskula who denied three shots in the first half.

The Sonics welcomed back Charissa Mayer who scored four points and played great defensively. Kristen Hurd was high scorer for the Sonics with eight points.

Trojans 39 Crusaders 18

In the Senior Wild Card Game the Trojans defeated the Crusaders to continue onto the semifinals next week.

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THE DEPRESSION WORKSHOP
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Mite C's lose tough one to Cape Ann

Cape Ann 4 Wilmington 1

The Wilmington Mite C Youth Hockey team took to the ice last Sunday to face the division leading Cape Ann I team.

The Cats, hoping to avenge a 3-1 defeat to this same stacked team the week before, hit the ice in full stride as they hemmed Cape Ann in their own end for the first half of the first period thanks to some furious forechecking.

Cape Ann, seemingly in a league of their own within the Mite Orange Division, got some major league help from their goal post as Jay Surianello rung two shots off the pipe.

Not only was Cape Ann able to endure the Cat attack, they also scored the first goal of the game with less than two minutes remaining in the period.

The Cape goal came on a power play as Warren Fitzpatrick sat in the penalty box for their unintentionally tripping an opponent as they both battled for the puck, a penalty which resulted

from Warren's hustle and determination.

Cape Ann vaulted to a 3-0 lead as they opened the second stanza by scoring two goals in two minutes.

The same player scored both goals for the Cape. Wilmington continued to lay a very smart game with strong forechecking and backchecking in addition to disciplined positional play.

The Cats were quite successful in breaking out of the defensive zone against the quick Cape forwards. Matt David was called upon several times to thwart the opposition, and as he has done so consistently this season, responded to the challenge.

Wilmington broke the shutout halfway through the third as Jaclyn Rideout took a pass from positional journeyman for the day, Scott Sferazza, and broke in alone on the Cape Ann goalie. The goal post didn't bail out the netminder this time as Jaclyn cleanly "five holed" a shot into the back of the net.

Cape Ann squelched any hope of a comeback victory as they responded with their fourth less than one minute later to close out all scoring for the day.

This game was a clash of two different styles of hockey. A team structured around a few individuals capable of rushing end to end versus a team employing a team approach and positional play. In the end, the individuals prevailed.

Wilmington, although on the short end of the scoreboard, played one of its best games of the season without a doubt. The forwards, Mike Welch, Donny Heenan, Jay Surianello, Warren Fitzpatrick, Jaclyn Rideout, Jennifer Corcoran, and Scott Sferazza played well in all aspects of the game and forechecked better than in any other game of this season.

Defensively, Jamie Riopelle, Eric Raposo, Marshall Nevins, Stephen Peterson, and Michael McMahon were dynamos in their own end as they engineered many clean breakouts.



Tewksbury High sophomore Roger Tanguay, who has turned in a solid campaign, here runs into a solid hit (or a clip) from a Bishop Fenwick defenseman last Friday at Watertown Arena (photo by Jeff Nazzaro).

Girls eighth grade hoop

The Tewksbury Girls Basketball eighth grade travel team, which plays in the River Valley League won five of its last six games to advance into the playoffs. The team played and defeated top teams from Burlington, Lowell, Wilmington and Winchester (twice) while losing only to a strong Masco team.

The Burlington game was the most exciting with Kerry Ford sinking a there pointer with just eleven seconds left to tie the game and force it into overtime. The Tewksbury team came out strong in OT and won by eight points.

In last Saturday's first round playoff Tewksbury beat an undefeated Reading Y team 42 to 35 to advance to the next round.

Playing for the team this year are: Kristen Hurd, Kristen Cronin, Molly Boyle, Nicole Venuti, Miranda Robinson, Kerry Southard, Lindsey Maxwell, Katie Quigley, Sara Keskula, Maghan Laffey, Susan Griffin and Kerry Ford.

They will play their next game Sunday afternoon against either Winchester or Burlington at Masco.

Lemos honored

Bill Lemos, a senior from Wilmington, was recently honored with the Deveney Award when the Pingree School held its winter sports awards ceremony to honor achievements in ice hockey, basketball and volleyball.

Lemos is a member of the men's varsity ice hockey team at the school.

Thursday's first game was played with the BlueLiners against Team 8. The BlueLiners won 7-3. High scorer was Francis McGrath.

The second game saw the Outlaws vs the slumping White Knights. The Outlaws simply slapped the living crap out of the White Knights 6-0.

If the Ice Hogs can put on a surge there's a very good chance the White Knights will not make the playoffs. High scorer for the

Outlaws was New Hampshire born Greg Roberts.

Friday's games had Golden State vs the Chiefs. This one was so close there should have been overtime. With a second left on the clock Ed Tarini tipped in a pitiful shot by Oim Bransfield, who apparently did not get traded for Gary Donell and Golden State won 5-4.

Friday's late game had the Ice Hogs beating the Real Team 9-3.

Only four games left until the playoffs.

MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **George Ekonomou, a/k/a George Ekonomou and Christina Ekonomou a/k/a Christina Ekonomou to Beneficial Mortgage Co. of Massachusetts** dated September 7, 1989 and recorded with Middlesex North District Registry of Deeds in Book 5005, Page 255, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 O'Clock A.M. on the 6th day of April, 1995, all and singular the premises described in said mortgage, to wit:

A certain parcel of land situated in Tewksbury, Middlesex County, Massachusetts and being shown as Lot 13 on a plan of land entitled "Definitive Subdivision of Kingswood Park, Tewksbury, Mass., Scale 1 in. = 100 ft. September 18, 1971, Robert P. Morris, R.L.S., Tewksbury, Mass.," which plan is recorded in Middlesex North District Registry of Deeds in Book of Plans 113, Plan 71, and being bounded and described as follows:

NORTHERLY by Barbara D. Lane, as shown on said plan, 150.00 feet;

WESTERLY by Lot 9, as shown on said plan, 269.21 feet;

SOUTHERLY by land of Smith and Allen, as shown on said plan, 195.03 feet; EASTERLY by Lot 14, as shown on said plan, 287.94 feet.

Containing 43,560 square feet according to said plan.

For mortgagor's title see deed of Marie A. Diaz to us, dated March 3, 1978 and recorded with Middlesex North Deeds, Book 2292, Page 349.

Said premises will be sold subject to any and all unpaid taxes, tax titles and other municipal assessments and liens, if any there be, which take precedence over this mortgage held by the undersigned, and subject to prior liens of other enforceable encumbrances of record, if any, entitled to precedence over this mortgage. The premises will be sold subject to and with the benefit of all easements, restrictions, reservations and conditions of record, if any there be, and subject to any rights of redemption and all tenancies and/or rights of parties in possession, if any, to the extent the same are enforceable and have priority over this mortgage. It shall be the bidder's sole responsibility to ascertain all items described in this paragraph and no representations are made concerning compliance with applicable zoning, building, health or other state and/or municipal regulations, codes or ordinances.

TERMS OF SALE: Five Thousand Dollars (\$5,000.00) shall be paid in cash, cashier's or certified check drawn on a Massachusetts bank or trust company at the time and place of sale; the high bidder shall execute a written memorandum of sale containing these and additional terms upon acceptance of the bid; the balance of the bid price shall be paid in cash, cashier's or certified check within thirty (30) days after the date of sale; Deed to be delivered upon payment in full of the purchase price at offices of Mortgagee's counsel or otherwise as may be mutually agreed. Purchaser will be responsible for all closing costs, state excise and documentary stamps and recording fees. The deposit paid at the time of sale shall be forfeited if the purchaser does not comply strictly with the terms of sale.

For authority of said sale see Decree of the Land Court, Case No. 204179. The description of the premises in the mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the time of sale which shall be binding on all bidders.

Sale to be held by Public Auction at or adjacent to the above-described premises, 65 Barbara D. Lane, Tewksbury, Middlesex County, Massachusetts on April 6, 1995 at 11:00 O'Clock A.M.

BENEFICIAL MORTGAGE CO. OF MASSACHUSETTS

Lowell, Massachusetts

Present Holder of Said Mortgage

By Its Duly Authorized Attorney:

Ronald E. Lustig, Esquire

Lustig, Glaser & Wilson, P.C.

175 Highland Avenue

Needham, MA 02194

TOWN OF TEWKSBURY



CONSERVATION COMMISSION LEGAL NOTICE PUBLIC HEARING

The Tewksbury Conservation Commission will hold a public hearing on March 22, at 7:20 PM at the Town Hall on the application of **James Andella** for a Notice of Intent to work within one hundred feet of a bordering vegetated wetland. Said property is located on Tewksbury Assessors' Map(s) 43 Lot(s) 56, Shawshen Street.

Copies of the petition may be viewed Monday through Friday during normal business hours at the Planning and Conservation Department located at the Sughrue DPW Building, 999 Whipple Road, Tewksbury, MA.

Vincent Spada, Chairman

M15

TOWN OF WILMINGTON



BOARD OF APPEALS PUBLIC HEARINGS Case 15-95

A Public Hearing will be held at the Town Hall, 121 Glen Road, on March 28, 1995 at 7:00 p.m. on the application of **Wilmington Fourth of July Committee**, Middlesex Avenue, Wilmington, MA 01887 to acquire a special permit to hold a carnival during the Fourth of July celebrations from June 29 through July 4, 1995. Map 63 Parcel 10.

M15 BOARD OF APPEALS PUBLIC HEARING OFFICIAL MAP Case S-1-95

A Public Hearing will be held at the Town Hall, 121 Glen Road, on March 28, 1995 at 7:00 p.m. on the application of **New England Landdevelopment, Inc.**, c/o Carol A. Rolf, P.O. Box 1222, Amherst, N.H. 03031, to construct a road not shown or made part of the Official Map of Wilmington, in accordance with (Mass. General Law, CH. 41, Sec. 81E, Wilmington Zoning Bylaw, Sec. 1.3.1 & 8.3 the Bylaws of the Inhabitants of the Town of Wilmington (revised), Chapter 3, Section 25, and the Rules and Regulations of the Board of Appeals (as adopted April 10, 1984) Sec. 1.2.4 & 3.3.4 on ways shown as Mather, Walnut, Poplar, Cedar St. (known as Polk St.) and Norfolk St. (known as Sharon St.) on a plan of land recorded at the Middlesex North Registry of Deeds, Plan Book 26, Plan 36 dated June 12, 1909. Map 6 Parcel 20, 27, 43.

M15 BOARD OF APPEALS PUBLIC HEARING OFFICIAL MAP Case S-2-95

A Public Hearing will be held at the Town Hall, 121 Glen Road, on March 28, 1995 at 7:00 p.m. on the application of **New England Landdevelopment, Inc.**, c/o Carol A. Rolf, P.O. Box 1222, Amherst, N.H. 03031, to construct a road not shown or made part of the Official Map of Wilmington, in accordance with (Mass. General Law, CH. 41, Sec. 81E, Wilmington Zoning Bylaw, Sec. 1.3.1 & 8.3 the Bylaws of the Inhabitants of the Town of Wilmington (revised), Chapter 3, Section 25, and the Rules and Regulations of the Board of Appeals (as adopted April 10, 1984) Sec. 1.2.4 & 3.3.4 on ways shown as Third Avenue and Edgeworth St., on a plan of land recorded at the Middlesex North Registry of Deeds, Plan Book 50, Plan 61 dated April 1927. Map 11 Parcel 5C.

M15 Board of Appeals

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

(SEAL) Middlesex, SS. CIVIL ACTION No. 214544, Misc. Assisted Living of America, Inc., Plaintiff(s) VS

Marvin Blank, et, al Defendant(s) To: Marvin Blank, now or formerly of Sandwich, Barnstable County, Sidney Fagelman, now or formerly of Chestnut Hill, Middlesex County, Patrick Gallagher, now or formerly of Burlington, Middlesex County, and said Commonwealth, Marvin Kabachnick, now or formerly of Fort Lauderdale, in the state of Florida, Herbert Pearl, now or formerly of Lakewood, in the state of Florida, Jack Gershman, now or formerly of Boynton Beach, in the state of Florida, Edward Lees, now or formerly of Naragansett, in the state of Rhode Island, Eleanor Bayne, as the Executrix of Estate of Harold Bayne, now or formerly of Newton, Middlesex County, and said Commonwealth, individually, and as they are all general partners of High Point General Partnership/TMA.

You are hereby notified that a complaint has been filed by the above-named plaintiff(s) in which you are named as an interested party. This complaint concerns:

A certain parcel of land known as and numbered 2580 Main Street in Tewksbury, Middlesex County, and said Commonwealth; plaintiff's Title to said land is clouded by the foreclosure of a mortgage given by High Point General Partnership/TMA to Bank of New England, N.A. dated September 28, 1989 and recorded with the Middlesex County North District Registry of Deeds in Book 5023 Page 116; said foreclosure proceedings were conducted, without compliance with the Soldiers' and Sailors' Civil Relief Act of 1940, as amended; the plaintiffs allege that at the time of the foreclosure none of the defendants were in the military service and entitled to the benefits of said act and seek a judgment to that effect.

This complaint may be examined at the Land Court, Boston, Massachusetts, or a copy be obtained from plaintiff's attorney.

If you intend to make any defense, you are hereby required to serve upon plaintiff's attorney, Harold S. Berman, Esq., Sherin & Lodgen whose address is 100 Summer Street, Boston, MA 02110 an answer to the complaint on or before the 17th day of April the return day hereof, and a copy thereof must be filed in this Court on or before said day.

If you fail to do so, judgment by default will be taken against you for the relief demanded in the complaint. Unless otherwise provided by Rule 13(a), your answer must state as a counterclaim any claim which you may have against the plaintiff(s) which arises out of the transaction or occurrence that is the subject matter of the plaintiff's claim or you will thereafter be barred from making such claim in any other action.

It is ORDERED that notice be given by publishing a copy of this order one time in the Tewksbury Town Crier, a newspaper published in the County of Middlesex, one month at least before the 17th day of April.

Witness, ROBERT V. CAUCHON, CHIEF JUSTICE, of the Land Court, the 3rd day of March, 1995.

A true copy attest

Charles W. Trombly, Jr. Recorder

M15

TOWN OF WILMINGTON



DEPARTMENT OF PUBLIC WORKS WATER AND SEWER DIVISION NASSAU AVENUE STANDPIPE IMPROVEMENTS

Sealed bids, in duplicate, for the "Nassau Avenue Standpipe Improvements - Altitude Valve Chamber" will be received at the Office of the Town Manager at Town Hall, 121 Glen Road, Wilmington, MA 01887 until 11:00 AM prevailing time on Wednesday April 5, 1995. The sealed bids will be publicly opened and read at the Office of the Town Manager at 11:00 AM, April 5, 1995.

The work includes new construction of a reinforced concrete valve chamber including mechanical, electrical, instrumentation and metal fabrication work.

THE CONTRACT DOCUMENTS may be examined at the following locations:

1) Office of the Engineer, Tutela Engineering Associates, 12 Bay Street, Wilmington, MA 01887.

Copies of the CONTRACT DOCUMENTS may be obtained beginning Wednesday March 15, 1995 between the hours of 8:30 AM to 4:00 PM, weekdays at the Office of the Engineer, Tutela Engineering Associates, 12 Bay Street, Wilmington, MA 01887, upon payment of \$50.00 certified check or money order (made out to the Town of Wilmington) for each set.

Any BIDDER, upon returning the CONTRACT DOCUMENTS promptly and in good condition will be refunded his payment. Any non-bidder shall forfeit his deposit if he does not return the documents prior to the bid opening.

A certified check or satisfactory bid bond issued by a company authorized to do business in the Commonwealth of Massachusetts, payable to the Town of Wilmington in an amount of not less than five percent (5%) of the Total Bid Price must be furnished by each bidder together with a letter of intent on the form provided. This proposal guarantee will be returned after the Contract has been executed.

A performance bond and a labor-material bid bond issued by a company authorized to do business in the Commonwealth of Massachusetts will be required of the successful bidder. These bonds and the certificate of insurance on form ACORD 25-S (3/88) as amended MUST be delivered to the Town of Wilmington within ten (10) days of award. The five percent (5%) bid bond will not be returned to the successful bidder until the one hundred percent (100%) performance bond has been established in satisfactory form.

No bid may be withdrawn for a period of 60 days subsequent to the opening thereof without permission of the Town of Wilmington.

The Town of Wilmington reserves the right to reject any or all bids, waive any informalities in the bidding, or accept the bid deemed to be in the best interests of the Town.

The successful BIDDER shall be required to comply with the applicable State and Federal prevailing wage laws.

Michael A. Cairn Town Manager

M15,22

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TOWN OF TEWKSBURY



PLANNING BOARD LEGAL NOTICE PUBLIC HEARING

The Tewksbury Planning Board will hold a public hearing on March 27, 1995 at 7:05 PM at Town Hall on the application of **Mobil Oil Corp.** for a Site Plan Special Permit.

Said property is located on Tewksbury Assessor's Map(s) 47 Lot(s) 87, 1040 Main Street.

Copies of the petition may be viewed Monday through Friday during normal business hours at the Planning Department located at Sughrue DPW Building, 999 Whipple Road.

Robert A. Fowler Chairman

M8,15

TOWN OF TEWKSBURY BOARD OF APPEALS

Public hearings will be held at the Tewksbury Town Hall on March 30, 1995 beginning at 7:30 P.M. on the following applications:

7:30 P.M. ASW Corporation - Owner of Record - A&A Realty Trust for a SP in accordance with Sec. 4.6.F.9 for Sales & Installation of Automotive Electronic Equipment. Premises located 616 Main Street, (Branding Iron Plaza), Assessor's Map 34 Lot 36, zoned commercial.

7:40 P.M. Vernon R. Marshalsea - Owner of Record - East Street Associates, L.P. for a SP in accordance with Sec. 4.6.F.2, to operate a Auto Body Repair shop. Premises located 1130R East Street, Assessor's Map 0113, zoned IH.

7:45 P.M. Denis Chandonnet: As party aggrieved from a decision of the Building Commissioner relative to a proposed residential garage; a Special Permit in accordance with Sec. 6 of Chap. 40A to increase footprint of a pre-existing nonconforming use. Also a variance is needed from the requirements of Sec. 5.3.4, a, insufficient side yard setback, located at 715 Livingston Street, Assessor's Map 76 Lot 26, zoned Heavy Industry, remanded to the Board of Appeals through Superior Court Civil Docket at Cambridge, Ma., January 30, 1995.

7:50 P.M. Town of Tewksbury: For a Special Permit in accordance with section 4.6.C.6, for athletic, recreational, ethnic events, some of which are commercial in nature, require a Special Permit, for zoning compliance. Premises located at 288 Livingston Street, Assessor's Map 86, Lot 23, zoned MN, Municipal.

7:50 P.M. Town of Tewksbury - Owner of Record - Commonwealth of MA - For a Special Permit in accordance with section 4.6.C.6, for athletic, recreational, ethnic events, some of which are commercial in nature, require a Special Permit, for zoning compliance. Premises located on Livingston Street, Assessor's Map 87, Lot 1: 8.8 acres and State Field 13.11 acres, zoned MN, Municipal and to be conveyed to the Town of Tewksbury.

M15,22

Edward Johnson

TOWN OF WILMINGTON



Board of Registrars EXTRA

Voter Registration for

Annual town election and

Town meeting to be held on

Saturday April 15, 1995 and

Saturday, April 22, 1995

LAST DAY TO REGISTER

to vote is

Monday, March 27, 1995

VOTER REGISTRATION

Will be held at the

TOWN HALL, Rm. 12

8:30 A.M. TO 8:00 P.M.

M8,15 Audrey Riddle, Chmn

Board of Registrars

NOTICE OF SALE AND DISPOSAL OF PROPERTY

To each person hereinafter named and to all whom it may concern please take notice the contents of your leased space is subject to our lien for non-payment of rent pursuant to your rental agreement. The amount due has not been paid and you are denied access to your property until your rent has been paid. You have until Friday, March 28, 1995 by 10 a.m. to pay all rents due.

Unless you contact our office by the above date and time and pay the amount owing your property will be sold Friday, March 28, 1995 at 11 a.m. at the E-Z Mini Storage office located at 470 Main St., Tewksbury, MA 01876, phone number 508-851-6999.

The name of the respective owners, legal possessors, or reputed owners the general description of the goods and lot numbers are listed herewith.

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Lowell, MA 01850
Nov. 94 Unit 3246
Furniture

Trevor Davies
184 Beacon Street,
Lowell, MA 01852
Dec. 94 Unit 411
Furniture

M15,22

Golfing fans, don't miss Myrtle Beach trip

Registrations for the Recreation Department's winter programs is still continuing at the Recreation Department in the Town Hall from 8:30 a.m. to 4:30 p.m. Call the Rec office at 658-4270 for further information.

The following programs are open for sign-up:

BJ's Wholesale Club: Free one day shopping passes.

Town t-shirts, sweatshirts: night shirts, tote bags on sale.

Movie discounts to Showcase Cinemas: for sale daily, \$4.25; General Cinemas \$4.50 (ages 13 and over), \$2.75 (ages 12 and under).

Free Disney World Discount Coupons: and other Florida attractions.

Free vcr tape loan: sports, fitness, recreation, Disney etc.

Entertainment '95 Books: Now available at Rec office, \$30.

Ski discounts: Gunstock, Sunday River, Attitash and Sugarbush.

Free discount coupons: for Disney World, Universal, Sea World, Busch Gardens, BJ's Warehouse.

Ledyard Ct. Trips, Tues. March 28 and April 25, \$19.

Les Miserables, Group rate tickets for May, call for info. Orchestra seats, May 24, 8 p.m.

Montreal Weekend: Fri-Sun., April 28-30, \$120.

Discount lift tickets: for Sunday River, Attitash and Sugarbush. Purchase tickets in the Rec office.

1995 Wilmington Town Cards, \$6, buy two get one free. Available at the Rec office.

Olympic World Figure Skating Show: \$20, Sat., April 15, 2 p.m., Boston Garden.

Myrtle Beach Golf Trip: April 28-May 2. Call for info.

Londonderry Faire, March 17-19, Shriners auditorium. Discount coupons available at Rec office.

New York City Trip: We have planned a one day shopping trip to NYC, Saturday April 8. Group rate Easter show tickets available for Radio City Music Hall; noon performance. Call if interested.

Shriners' Circus: May 8-14, discount coupons available at Rec office.

Shopping list: We're looking for trip leaders and volunteer helpers for various programs including the office. Those with marketable recreation skills are urged to call.

Les Miserables, Group rate tickets for May 24, 8 p.m. at Colonial Theatre; bus transportation included.

Bermuda Cruise: We have planned a cruise to Bermuda on the

Royal Majesty, May 14-21, 1995. Free round trip coach

transportation is provided from Wilmington to Falcon Pier, Boston. Price includes seven nights lodging, all meals, entertainment and all port and departure charges (\$149.50 value). Choose from the following categories: Third and fourth passenger in a cabin pays only \$348.50. A \$100 per person deposit will secure cabin assignment.

Price is available until Jan. 6. Final payment is not due until March 6. Cabins are going very quickly. For more information on availability call the Rec office at 658-4270.

Adult gym: Pickup basketball is the name of the game Wednesday evenings at the North Intermediate from 7:30 to 9:30. Cost is \$5 for each player, each week. The program ends March 8. The program is open to all locals 18 and over.

Olympic World figure skating show, Saturday, April 15 at 2 p.m. in Boston Garden. Participants include Nancy Kerrigan, Oksana Baiul, Brian Boitano, Viktor

Petrenko, Elvis Stojko and more. Call 658-4270.

Myrtle Beach golf vacation We are currently working on putting together a golf trip at the end of April. Price will include: roundtrip airfare, ocean front lodging, buffet breakfast daily, four rounds of golf (including carts) and car rental. Call ASAP for more information and availability.

Ski books: Now that the snow has finally arrived, it's time to go skiing! The Rec. Dept. has discount ski books for sale. The books are reduced from \$60 to \$20. They are loaded with discounts for skiing, lodging, dining etc. Get your ski book now and start skiing and saving.

Myrtle Beach, A golf vacation to Myrtle Beach is planned for April 28-30. Cost is \$765, \$565 non-golfer. Price includes roundtrip airfare, oceanfront lodging, buffet breakfast daily, four rounds of golf (including carts) and car rental. Call ASAP for more information and availability.



Seven-year-old Ryan and nine-year-old Peter Olivieri of Oak Street, Wilmington, caught their first fish on their first fishing trip while vacationing recently in the Florida Keys.

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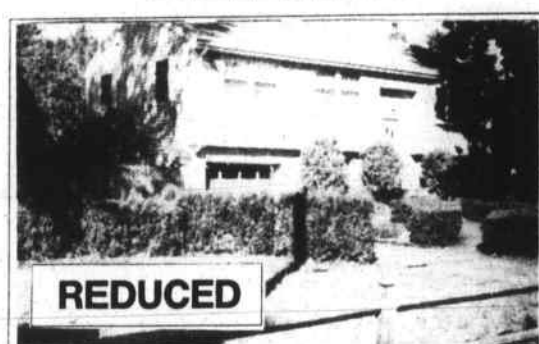


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GREAT SPLIT ENTRY, located on private level lot, features 3/4 bedrooms, hardwood floors, new kitchen and bath, economical gas heat, deck and shed.

\$157,900

BILLERICA



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PRICE REDUCTION!! Meticulous Split Entry home offers 7 rooms, 3/4 bedrooms, 1-1/2 baths, 3-season porch, workshop area and much more. Situated on a private fenced lot with inground gunite pool.

\$154,900

TEWKSBURY



MUST SEE! Newly remodeled Cape with 3 bedrooms. First floor features large eat-in kitchen with oak cabinets, beautiful stone fireplace in livingroom, and sliders to deck.

\$136,900

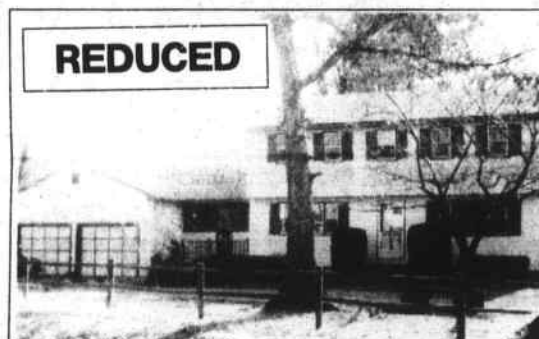
WILMINGTON



SHAWSEEN COMMONS! New Duplex-style home featuring 3 bedrooms, 1-1/2 baths, open living/dining area, full and spacious basement, cedar siding, public sewer/water, economical gas heat.

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TEWKSBURY

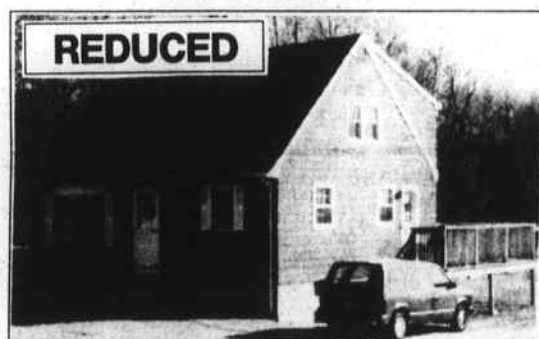


REDUCED

NEW LISTING! Great North Tewksbury location, this Colonial Garrison with attached familyroom and 2-car garage has it all! Four bedrooms, 2-1/2 baths, newer kitchen and roof, tennis and basketball in back yard.

\$229,900

BILLERICA



REDUCED

NEW TO MARKET! Immaculate Country Cape with hardwood floors throughout! Fourth bedroom or office/den on first floor, front-to-back master with lots of closet space, shed and more.

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TEWKSBURY



NEW LISTING! Mint condition describes this Ranch home with 3 bedrooms, fireplaced livingroom, hardwood floors, updated bath, corner lot with fenced yard and pool.

\$139,900

WILMINGTON



SHAWSEEN COMMONS! New and unique floor plan in this 3-bedroom Ranch located in new sub-division. Living/diningroom combo, full basement, cedar siding, gas heat and more.

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REDUCED

EXPANDED RANCH HOME with 8 rooms, 4 bedrooms, oversized familyroom in lower level, updated cathedral kitchen with skylights, and completely fenced yard.

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REDUCED!! This great Split Entry is situated on a 1.25-acre lot. Features 7 rooms, 3 bedrooms, fireplaced livingroom, lower level familyroom, hardwood floors, gas heat, French doors leading to new deck.

\$184,900

Happy St. Patrick's Day

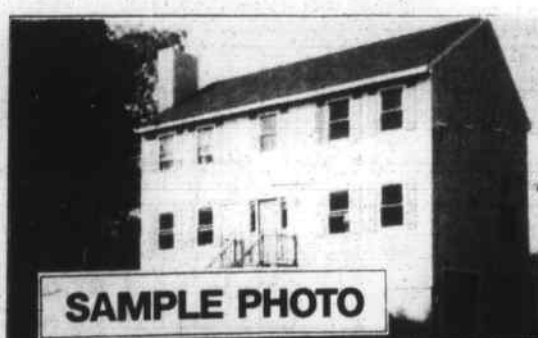


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NEW CONSTRUCTION

WILMINGTON



SAMPLE PHOTO

NEW CONSTRUCTION! Great floor plan in this 36' Colonial located with excellent highway access to Boston! Offering 8 rooms, 4 bedrooms, 2-1/2 baths, fireplaced livingroom, 2-car garage under, 1/2-acre lot, and more!

\$224,900

TEWKSBURY



SAMPLE PHOTO

NEW CONSTRUCTION! New small subdivision in North Tewksbury offering hip roof Colonial with 8 rooms, 4 bedrooms, 2-1/2 baths, fireplaced familyroom over 2-car garage, cathedral master. Several lots to choose!!

\$249,900

BURLINGTON

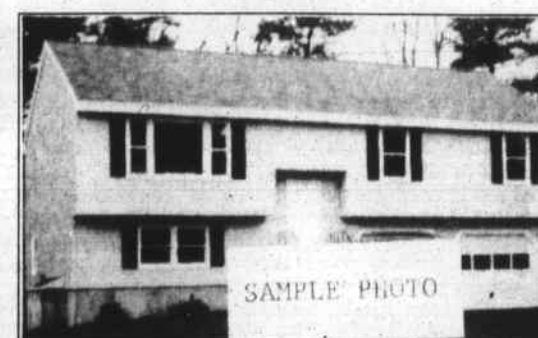


SAMPLE PHOTO

NEW CONSTRUCTION! New 26'x36' Colonial Garrison with 8 large rooms of living, 4 bedrooms, 2-1/2 baths, 2-car garage, walk-up attic, fireplaced familyroom, formal diningroom, public sewer. Call for details and appointment.

\$249,900

WILMINGTON



SAMPLE PHOTO

NEW LISTING! New 46' Split Entry located within minutes of highway access. This home offers 3 bedrooms, 1 bath, expansion potential in lower level, garage, generous allowances and construction underway!

\$179,900



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MAKING BOOTS for some of the best ice skaters in the world are Fred Cook and his son Scott of Wilmington. Fred started the business in 1965 and its has flourished ever since getting bigger every year. Such noted skaters as Paul Wylie and Robin Cousins employ the Cook's services. Shown in photo is Laur Gayton of Natick a national level competitor.

(Don Young photo)

Woodchips

BY ANTHONY O'MANCONI



The great Spanish Explorer Ponce de Leon looked for the Fountain of Youth in St. Petersburg Florida. Well folks, he looked for it in the wrong place. He could have found it in any ballroom in the world.

It's where people put aside the cares and worries of the day and with their partners slide and glide across the ballroom floor to the music of famous bands. Some readers may remember, Raymore Playmore, Riverside and State Ballrooms in Boston, Spanish Gables in Revere, Moseley's on the Charles, Kimball's Starlight, Totem Pole in Norumbega Park and many other fine dance halls.

I remember when a young lady I was dancing with told me, "Chipper, you'd be a great dance except for two things, your 'Left' foot and 'Right foot.'" "Oh, let's be friends," I told her, "what must I give you for a little kiss?" She smiled and said, "Chloroform!"

I love Italian Opera. The music and aria are beautiful and the plots and the stories of the operas are easy to understand. This is one opera I wrote, Angelo comes home from work as a night, "Watchman" in a "Clock" factory. It's "Crystal" clear that his wife, Santuzza has been, "Two-Timing" him.

He, "Springs" into "Action"

singing, "Santuzza," it isn't the "Minutes," that make you so fat. It's the "Seconds."

She responds by singing, "who, 'wound' you up? you Mickey Mouse, Watch-man."

They both sing a duet as the people give them a thunderous applause, happy that the stupid opera ended.

My sister Maureen's six year old daughter Diane said, "I'm leaving this house and I'm 'NOT' coming back!" "Go right along," Maureen told her. Ten minutes later, Diane was back as though nothing happened. "Why Hello," Maureen said, "I thought you were leaving?" "I was," Diane said, "but I missed my plane."

PERSONALITY WINNERS, Corrado Grieci, Matthew C. Garrity, Leonard E. Corey, Drew J. Bixby, and Robert Asci all of MEDFORD.

Siddhartha Chaudhuri, Peter M. Dick, Kenneth K. Driver, Paul Leavy and Robert Stewart all of MELROSE.

Albert E. Crease III, Margaret T. Cole, Carolyn M. Berninger, Susanta Basu, and Samier Al-Eryani all of MALDEN.

Kristin Anderson, Kerry Woodchips to S-4

Cooke family business in Wilmington

Boots for the best

WILMINGTON - "Hello, Fred. This is Robin Cousins. I'm in Colorado Springs, and I need a new pair of boots immediately. Can you help me?" Yes, Robin. Send me a tracing of your feet and I'll have a pair ready for you by the end of the week."

Frederick Cooke is always getting can you help me calls from all over the world, but Robin Cousins' was different. As Fred Cooke listened to the effeminate, English voice it had a soft sound and the Massachusetts figure skating bootmaker prepared to fashion a sparkling pair of white boots for this nice English lady. A few days later Fred was talking to another person in Colorado Springs, CO, and asked him, "What kind of a person is this Robin Cousins. The reply almost floored Cooke - "Oh he routinely pops five triple jumps and is a good athlete." Fred Cooke had a good laugh on himself and began making a pair of black figure skating boots worn by men.

Three years ago Fred Cooke sold his L.C. Boot Company to

son Scott Cooke. Frederick started the very successful figure skating boot business from scratch in 1965 and today the business has all but taken over the Cookes' white ranch. Their basement is a combination workshop and waiting area where boots are custom fitted.

How much has the business grown in 30 years? The black haired trim bootmaker says, "I do more business in an hour (today) than I did in a year (1965) that's progress." Progress and tons of figure skating boots. Cooke estimates he has made 20,000 to 30,000 figure skating boots for the top amateur and professional figure skaters throughout the world. Five years ago when the Russians were competing in the World Competition, Hartford, CT, it meant being inconvenienced by an entourage of strangers speaking a harsh and unfamiliar language. The Russians were indeed coming and Fred Cooke was ready for them with a smile and best custom boots service money

(rubles?) can buy. Why inconvenienced? While the Russians were inside the Cooke's home being fitted and having their skate blades adjusted and sharpened, a security guard was patrolling the outside of Cooke's home. Not, your everyday occurrence but then Fred and Scott Cooke are used to every day inconveniences to early morning and late night calls...help me!

Scott Cooke has worked in the family business for 15 years. The 150 pound young man says, "My dad and I work well together. He basically lets me run the company, and (is there) to guide me. I feel very confident." Does he have any long range plans for the custom boot company one of five custom boot companies in the United States? Like his dad the energetic young bootmaker sees a void and need in other parts of the United States for his service. He says, "I'd like to set up shops in other parts of the country. Dad likes the idea. Pro shops (profession-

'Boots' to S-4

Many fine features

New 'Y' dedicated in Reading

On Sunday, March 12, invited guests and members of the YMCA of Greater Boston family officially dedicated the Reading/Wakefield Family Branch's new Arnold and Dorothy Berger Cardiovascular Center and Rubin Family Gymnasium at its Reading site, 36 Arthur B. Lord Drive, beginning at 3 pm.

The dedication of the 6,000 square foot, state of the art addition heralds an entirely new direction for the Reading/Wakefield Family Branch, which joined forces in January 1994 to become a bigger and better community organization. The new \$755,000 facility includes a gymnasium, expanded locker room, cardiovascular area and office space. The addition will enable the branch to extend services to an additional 1,000 members in the Reading, Wakefield and surrounding communities. A more family oriented agenda will also be established at the branch through the introduction of daily programs that meet the needs of adults, children and families.

On hand to officially dedicate the facility were State Senator Richard Tisei, YMCA of Greater

Boston President John M. Ferrell and YMCA of Greater Boston General Board Chairman Dell Mitchell.

The Reading Family Branch Capital Campaign, co-chaired by

Ken Latham and Robert Nordstrand, began in 1987 to raise funds for the new building. Since that time more than 1,400 individuals, corporations and

Reading 'Y' to S-4

Morality in Media holds meeting in Stoneham

The Eastern Middlesex Ch. of Morality in Media of Ma. will meet at the Stoneham Public Library, Main St., Stoneham, on Thursday, March 23 at 7:30 pm. Guest speakers are the Rev. James Foley of Beverly, Rev. Earl Jackson of Boston, and Rev. Jay R. Stirnemann of Fall

River, representing three denominations.

The subject will be, "Have our Churches addressed the nation's moral decline; the issue of pornography, indecency on TV."

Don't miss this interesting evening. Public invited.

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Alzheimers, a family disease

On Saturday, April 1, Elder Services of the Merrimack Valley and Merrimack Valley Alzheimer's Partnership will present the Seventh Annual Alzheimer's Conference for family caregivers and service providers. This conference, the largest north of Boston, will be held at the West Elementary School of Beacon Street, in Andover.

Experts will present informative and topical material on Alzheimer's disease including: genetic research, legal and financial concerns, coping strategies, and new developments in medicine. Registration promptly begins at 8:30 am and conference will finish at 1:30 pm.

The keynote speaker will be Ladislav Volicer M.D., Medical Director at the Dementia Study Unit, Veterans Hospital, Bedford, Ma.

A workshop will be presented on Legal issues by Debra Rahmin Silberstein, Esq., Counselor at Law, in private practice in Andover. Attorney Silberstein will discuss Wills-Trusts, Medicare/Medicaid and Health Care Proxy, "Family Caregivers Speak-Out" will be a panel presentation by family caregivers. All stages of caregiving will be discussed; onset, diagnosis, treatment, coping strategies, lifestyle changes, continuous care, nursing home placement, and death. Through-

out the conference the e will be ample time for questions and answers. Resource material will be available from agencies covering the myriad of services available in the greater Merrimack Valley area.

CEUs have been applied for to serve social workers and nurses. Certificates of Attendance will also be distributed. Care for those with

Alzheimer's disease is available, free of charge, on the day of the conference at Community Family Memory Disorders Care Center, Lowell (508)458-4844 and Nevins Adult Day Health, Methuen (508)682-3582. If you

need to make arrangements, please call by March 24th.

Call Barbara Brandt-Saret at Elder Services, 508-683-7747, for a registration form, questions or additional information.

Boston Regional Medical births

MR. and MRS. ROBERT DEMILD (Patricia Doherty) announce the birth of their first child, Michael Robert, born on March 5, 1995 at the Boston Regional Medical Center. Grandparent honors are extended to Mr. and Mrs. James Doherty of Reading and Mr. and Mrs. Robert DeMild of Winthrop.

MR. and MRS. WILLIAM GRANT (Cynthia Allen) of Billerica announce the birth of their son Daniel Allen, born on March 1, 1995 at the Boston Regional Medical Center. Daniel joins his brother Joseph William. Grandparent honors are extended to Mr. and Mrs. William R. Allen of Reading, and Mr. and Mrs. Richard W. Grant of Billerica.

Melrose Wakefield Hospital births

MR. and MRS. KENNETH JOHN MORRIS (Elizabeth Alice Carey) of Tewksbury announce the birth of their daughter, Caitlin Shannon, born on February 6, 1995 at the Melrose-Wakefield Hospital. Caitlin will be joining her siblings, Cameron, three, and Connor, one. Grandparent honors are extended to Dorothy and James Morris of Reading.

MR. and MRS. ALAN DAVID BEAULIEU (Donna Maria Cerchione) of Reading announce the birth of their son, Luke David, born on February 18, 1995 at the Melrose-Wakefield Hospital. Luke joins his brother, Jared Paul, one and a half.

Grandparent honors are extended to John T. Cerchione of Woburn, Maria E. Cerchione of Reading, and Carl A. Beaulieu of Reading.

Birth

DR. MARTIN and LYNDIA (Wall) SCHMIDT of Reading, announce the birth of their son, Kevin Martin, on January 3, 1995 at the Newton-Wellesley Hospital. He joins his brothers Derek, five, and Brian, two and a half. Grandparent honors are extended to Dr. and Mrs. John C. Wall of Bridgeton, New Jersey and Dr. and Mrs. Arnold Schmidt of Mountain, Pennsylvania.



There are seven differences in the second picture. Can you spot them?

Women at War honored

A tribute to the women who served in America's wars will be held at the Museum of Our National Heritage, Sunday, March 19 from 1-4 pm. The Women of Vietnam Honor All Women at War is cosponsored by New England Women Veterans Coordinators of the region's Veterans Administration hospitals.

A highlight of the day's events is a speech by Joan A. Furey, Director of the Women Veterans Program Office for the Department of Veterans Affairs. Other activities include are displays, oral histories, video's and dramatic presentations. Admission is free.

The afternoon's formal programs

begin at 2 pm with the speech by Ms. Furey. She is a Bronze Star recipient for service as an Army nurse in Vietnam, as well as a co-editor of an anthology of Dreams of Peace. She will speak on her personal experiences, women in the military, and women's programs offered by the Veteran's Administration.

Joyce Massello, an Air Force nurse in Vietnam will also present a slide presentation on "The History of Women at War". Color guard representing all services will open and close the ceremony.

In addition, from 1-4 pm there will be films, displays of memorabilia and artwork about women in the military. Local high school students will give costumed portrayals of the role of women in the nation's wars. Information tables will provide information about services available to New England women veterans.

The Museum of Our National Heritage is located at 33 Marrett Road in Lexington at the corner of Route 2A and Massachusetts Avenue.

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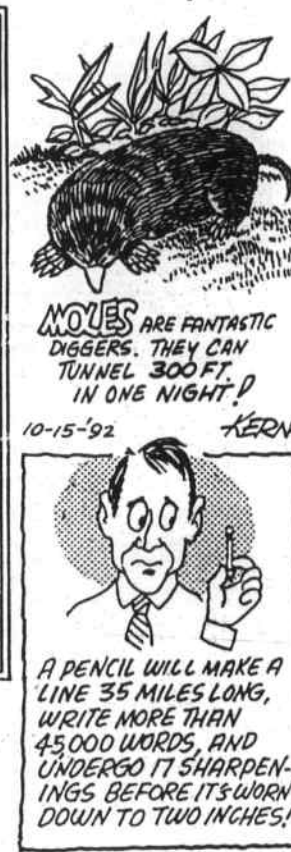
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IT JUST SO HAPPENED

by Kern



Winchester Hospital births

MR. and MRS. ERIC D. TURNER (Ann Marie McSorley) of Stoneham announce the birth of their daughter, Elizabeth Karen, born on February 12, 1995 at the Winchester Hospital. Grandparent honors are extended to Richard P. and Susan E. McSorley of Reading and John H. and Suzi E. McSorley of Reading and John H. and Suzi Turner of Saratoga, California. Great Grandparent honors are extended to Jack T. Turner of Reading and Genevieve Moynihan of Golden, Colorado.

MR. and MRS. STEVEN BLAKE (Lynne Ann Patterson) of Tewksbury announce the birth of their twins: a boy Christopher Steven and a girl Courtney Lynne born on January 19, 1995 at the Winchester Hospital. They join their sister Tiffany age three.

Grandparent honors are extended to Mr. and Mrs. Richard Patterson and Mr. and Mrs.

Lawrence Blake, all of Peabody. Great grandmother is Mrs. Joseph Lynch of Everett.

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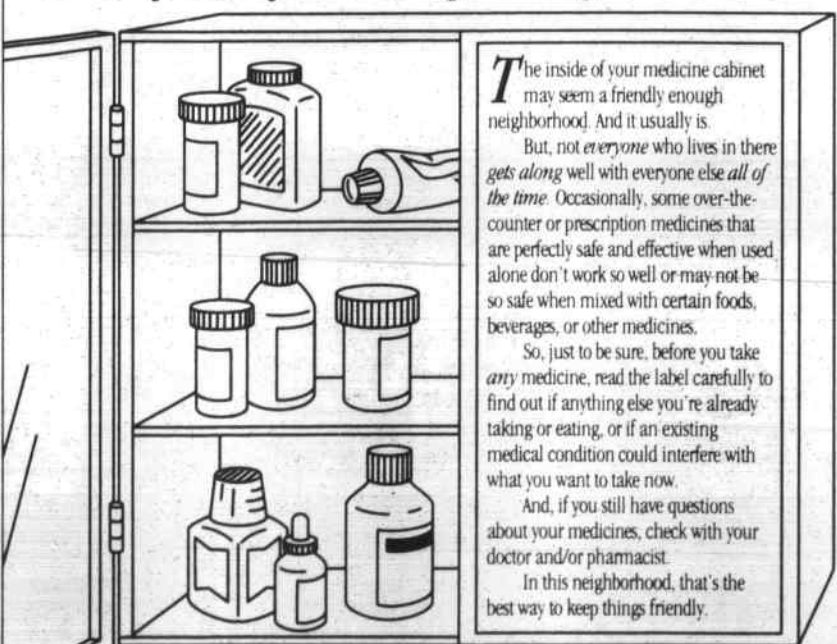
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The inside of your medicine cabinet may seem a friendly enough neighborhood. And it usually is. But, not everyone who lives in there gets along well with everyone else all of the time. Occasionally, some over-the-counter or prescription medicines that are perfectly safe and effective when used alone don't work so well or may not be so safe when mixed with certain foods, beverages, or other medicines. So, just to be sure, before you take any medicine, read the label carefully to find out if anything else you're already taking or eating, or if an existing medical condition could interfere with what you want to take now. And, if you still have questions about your medicines, check with your doctor and/or pharmacist. In this neighborhood, that's the best way to keep things friendly.

It's ALWAYS BETTER TO BE SURE.

A MESSAGE FROM THE COUNCIL ON FAMILY HEALTH AND THE FOOD AND DRUG ADMINISTRATION



WAKEFIELD'S NEWEST EAGLE SCOUT George F. Leydon III, 16, a Stoneham resident, cuts his cake as members of his Boy Scout Troop 701 at the First Parish Congregational Church in Wakefield, look on. A sophomore at St. John's Prep in Danvers, George is the son of Mr. and Mrs. George F. Leydon II of Bellevue Rd., Stoneham. (Don Young photo)

Phyllis Nelson takes new position

Realtor Phyllis A. Nelson announced her association with RE/MAX Top Achievers of Reading. "I look forward to offering both buyers and sellers quality service, which remains my number 1 priority."



Phyllis Nelson

Nelson has had 22 years of extensive experience in real estate and was formerly associated with C21 Greers in Wakefield as a realtor, with both Sweezy Real Estate and Terrace Realty both of Reading as a manager and was the former principle of Nelson Real estate, also of Reading.

A member of the Women's Council of Realtors, she is also a member of Eastern Middlesex Association of Realtors, Massachusetts Association of Realtors, National Association of Realtors, Bay State Multiple Listing Service and is a member of the Reading Chamber of Commerce.

She has served on the Professional Standards and Ethics Committee; has received an EMAR Reach Award and EMAR Political Action Award. A Notary Public, she has lived in Reading for 31 years.

A former member of the Reading Business and Professional Women's Club, the Wakefield Rotary Club and the Greater Salem Board of Realtors, she was an ERA Relocation Specialist. A graduate of Everett High School and the Chandler School for Women, Nelson has taken courses at Newbury Junior College, North Shore Community College and is a graduate of the Computer Learning Center. She is also a member of the Home Owners Referral Network, and a graduate of the Sweethog Program.

While affiliated with C21 Greers she received several Pacesetter Awards and was a consistent top producer receiving several plaques.

"I am pleased and honored to be associated with RE/MAX Top Achievers and am looking forward to being of service to all real estate needs" said Ms. Nelson. She can be reached at RE/MAX Top Achievers, 100 Main St., Reading or by calling (617) 944-6060, ext. 238.

Ice spectacular in Reading

The North Shore Skating Club will present it's 44th annual Ice Spectacular "FANTASY AND FAIRYTALES" at the new Burbank Arena in Reading on Friday March 31st.

Tricia Mansfield, N.E. Regional Gold Medalist 1995, Eastern Sectional Bronze Medalist 1995, and U.S. National Champion 5th Place 1995 will be the featured skater.

Show times are Friday at 7:30 pm and Saturday, April 1st, 7:30 pm, plus Sunday April 2nd at 3 pm.

The Arena is handicapped accessible. Tickets are available at the door or through Club members. The charge is adults \$6, student and seniors \$3.

About The Towns

by Phyllis Nissen

Reef madness on tap, adults free

Hot art, reef madness

Bird masks, clay tiles, coral reefs, and crazy hats are the theme of Creative Arts 11th Annual Arts Fair this Saturday in Reading. Also on the palette are weaving, printing, and other kinds of creating involving bracelets, hula skirts, and rain-sticks.

New this year is a silent auction for adults, whether or not they have children attending the fair. Among the items being auctioned are tickets to events such as Bruins' games and whale watches, restaurant gift certificates, sports memorabilia, local artwork, and children's items.

All shades of tropical colors and all manner of styles are on tap from 10 a.m. to 3 p.m. on Saturday, March 18th at Creative Arts headquarters, 25 Woburn Street in Reading.

Adults are free. Admission at the door for children, ages two and older, is \$7. Lunch and snacks will be served. For more information, call Program Director Mary Street at (617)942-0538.

Creative Arts is a nonprofit community music and art school, funded in part by the Reading Arts Council, a local agency; the Massachusetts Cultural Council, a state agency; and the National Endowment for the Arts. This year's fair has some real teeth in it - thanks to the "generous support" of Dr. Eugene A. Mickey.

Jail sentences

"Jail proposed just over North Reading line" is the headline in the Wilmington "Town Crier." Not quite how they put it in the North Reading "Transcript."

"The J.T. Berry Rehabilitation Center, located in North Reading on the Wilmington town line on Route 62, could in the

future be the site of either a minimum security women's prison or a youth jail, according to reports in the North Reading Transcript this week and last," reports the "Crier."

"According to the Transcript and State Rep. Brad Jones, both the Massachusetts Department of Corrections and the Mass. Department of Youth Services are vying for the 110-acre Berry location to house facilities."

According to the "Transcript" in the "Crier," the DYS takeover - if it happens - won't occur until 1996. The jail terms, should they be decreed, wouldn't be carried out until 1997 or 1998.

Musical decisions

The Quannapowitt Players is about to announce its 1995-96 choices in the musical theater department. If you applaud the selection, be sure to thank the following committee members: Deborah Parks (chair), Donna Corbett, Nancy Curran Willis, Keith Sherman, and Jay Stone. Meanwhile, tryouts and rehearsals are underway for "The Time of the Cuckoo" which opens on April 20th. For more information, phone (617) 944-4949.

Cutting edges

Call the Wilmington Chamber of Commerce now if you're interested in being on the cutting edge of the "winning edge," the Chamber's 5th annual business expo on Thursday, May 4th from 11 a.m. to 7 p.m. at the Shriners' Auditorium in Wilmington. Booths are being reserved now, and there are only 100 - call (508)657-7211 for more information.

Goldin tones

Simple, silly routines and activities with Henry the Horse and Al the Alligator, designed to captivate children of all ages, will characterize Rick Goldin's performance on Sunday in Wakefield.

A songwriter for more than 20 years, Goldin began performing almost 10 years ago while working as a preschool teacher. He currently gives about 250 shows a year at schools and libraries as well as at concert, community and family events. "Family Concert Live," his first children's recording, is a compendium of traditional, partici-

To S-4

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Boots for the best

From S-1

als who) know what they're doing are few and far between (in states including Florida, the Carolinas and Minnesota).

The Cookes are movers and shakers off the ice just as their customers like Paul Wylie and Jason Sylvia are in the arena. At the Nationals, U.S. Figure Skating Championships held in Providence, R. I. two weeks ago Scott Cooke and his crew worked 14-15 hour days for seven days ready to do minor boot repairs and sharpening skates for some 300 competitors. They worked from a mobile cube van, a shiny white truck with pretty red and blue letters: Cookes Skate Shops, Wilmington and Pembroke at a rink near you.

Scott has a sewing machine and wall full of tools and most of the comforts of home an air conditioner, heater and florescent lights. Fred Cooke explains that service is as important in this business as in any other; if a customer is located more than a 40 minute drive from either shop the van is soon on its way. The Cookes believe they are the only custom boot makers in the world who have this capability/service.

Fred Cooke hasn't lost his keen design sense which he maintains has been a key reason for his phenomenal success. He started with background in design engineering and a dream to support his wife Leona, daughter Christine and son Scott by making the best custom figure skating boots available. For 30 years this reserved man worked 14-15 hour days, seven days a week and took a week off every two months.

Today he is taking life a little easier by working for Scott and

filling in where needed. The company has grown and now has eight employees. To get another perspective on Fred Cooke and his business the writer interviewed his wife Leona Cooke.

Fred met Leona at a Lynn Arena, now a strip mall on Boston Street, Lynn, and that's as much skating as Fred has ever done. However, Leona has been teaching figure skating to area youngsters who compete in open competitions as the Bay State Games and Worcester Open.

In the mid 1970's she coached a championship dance team which placed sixth in the nationals. Leona says, "He's always provided very, very well, and has a sound business mind."

Of all the professional figure skaters and wannabes who come through Scott Cooke's Pro Skate Shops is there one who Leona Cooke thinks is special? Without hesitation the attractive figure skating teacher says, "Paul Wylie he speaks to every-

body. He's just as nice today as he was (before he won the Silver Medal at the 1992 Winter Olympics)." One day Paul arrived at the Cookes home, got out of his car and was confronted by Molly the Cookes dog. Unable to do a triple axle, the likeable young man yelled out, "Scott, come get me-Molly's going to bite me." Leona laughs at the memory and says, "Paul Wylie is really a super person."

If Fred Cooke leaves a legacy to his chosen profession it may be in a new boot design which he has been giving a lot of thought to in the last four years. He has traveled to boot factories in China, Taiwan, Switzerland and Italy, and comes to the conclusion that "The design work we're doing (in the United States) is years ahead of what they're doing."

It would be wonderful to see a hard working father and son team make a 21st century breakthrough in figure skating boot design. They have made many friends in figure skating who would be thrilled.

New 'Y' dedicated

From S-1

foundations have contributed funds to make the dream of this new construction a reality.

Special thanks were given at the event for the support of a number of outstanding local institutions including Atlantic Supermarket, Converse, Inc. W.D. Barrett Foundation and TASC. Several residents will also be recognized for their generous contributions including Arnold Berger, Nelson Burbank, Fred England, Ken Latham, C.B. Newell, Robert Nordstrand, Eugene and Chris Richey, and the late Avis Schroeder

The Reading and Wakefield

YMCA's were established as separate entities on 1940 and 1903 respectively. Today, the newly merged Reading/Wakefield Family YMCA serves the communities of Reading, Wakefield, North Reading, Stoneham, and Wilmington and offers family fitness programs, child care, day camp services for children, teen leadership programs, youth sports and recreation aquatics, services for seniors, and much more.

School Notes

by Phyllis Nissen

A kinder, gentler negotiation.

Sanity in Stoneham

Stoneham SchoolFolks have decided that when traditional "positional" bargaining doesn't work, the answer must be problem-solving. To avoid the bitterness stemming from last year's contract dispute with the teachers' union, Stoneham teachers and administrators met recently and decided to use a "principled, collaborative, interest-based" process in their approach to bargaining.

According to the "Stoneham Independent," this approach is the result of a one-and-a-half day intense training session attended by the Stoneham School Committee, Town Administrator Jeffrey Nutting, school central office administration, and teachers' negotiating team.

The new focus is problem-solving: "Negotiators involved in this type of bargaining come together to maximize their own and the other party's outcome," report the Teachers' Association and School Administration. "However, expectations by both groups are realistic. The results of negotiations may not differ significantly from those evolving from more traditional bargaining, but the levels of communication, mutual understanding and collaboration are expected to show dramatic improvement."

Notes the "Independent," in the same piece: "School officials

have admitted that funds are included in next year's budget for teacher salary increases."

Summer in Reading

Reading Summer School registration will take place on Wednesday, March 22nd and Thursday, March 23rd from 6:30 p.m. to 8 p.m. at Coolidge Middle School, 89 Birch Meadow Drive in Reading. Applications may be submitted at that time or through Summer School Director John Doherty from 7 a.m. to 3 p.m. weekdays at (617)942-9158.

No one will be registered, however, until after 6:30 p.m. on the 22nd at which time individuals may register members of their families and only one other family. Classes will be filled on a first-come basis and are open to all Reading residents, and non-residents when space is available. Mailed registrations will be considered only after the 22nd.

Tuition fees and course dates vary and are not refundable after June 1st. The director reserves the right to withdraw any course for which there is inadequate enrollment, and in those instances, those fees will be returned.

Unsolicited interruption: sounds as if Doherty is trying to think of every contingency before anything goes wrong. Look at next year's instructions to determine his psychic abilities.

Courses run from science and technology for all ages to arts, TV production, mystery, and more. Among the offerings are the nature of biology for students in grades five through eight, taught by Leo Kenney at Reading High; advanced LOGO for students in grades five and six, taught by Nancy Picardi at Killam; chemistry in the toy store for students in grades four through eight, taught by Dave Williams at Coolidge; bats, bats, incredible bats for students in grades three and four, taught by Kate McLaren at Coolidge. Also - and only a sample - of their summer fare are exploring art with Bill Endsley, at Coolidge, open to third through fifth graders; and the king's magic cloaks with Sharon Taitz, at Reading High, for first, second and third graders.

Also available during the summer are skills maintenance and review programs for students in all grades. Call Doherty for registration information.

Dangling modifier in Medford

"With a Harvard economics degree in hand, the go-go '80s could have been Peter Rittenburg's Golden Age. But like so many others who realized they did not march to the drumbeat of corporate America, Rittenburg left - to travel, to work as a journeyman carpenter and painter, and then to coach track at his former high school in Reading, Mass. Eventually, he decided he should teach."

Reading High English teacher Pete Rittenburg has been named one of America's 100 best first-year teachers as the result of a nationwide competition held by SallieMae, the Student Loan Marketing Association; and Rittenburg is the subject of a full-page study in the latest issue of "Issues," the Tufts journal of arts, sciences, technology, and apparently, dangling - or it that misplaced? - modifiers.

If you'd like to read about your favorite school, student or teacher in "School Notes," please send school newsletters and other relevant information to Phyllis Nissen, "School Notes," Middlesex East Supplement, Box 240, Reading, MA 01867.

Towns

From S-3

patory songs which reflect his energetic, spontaneous live shows.

Goldin and his puppets will perform in a participatory family concert on Sunday, March 19th at 3 p.m. for \$3 at the Linden Tree Coffeehouse, Unitarian-Universalist Church, 326 Main Street, Wakefield. Doors open at 2:30 p.m. Call (617)246-2836.

Speaking of Wakefield

We hear that the Wakefield 350th Committee had so much fun last year that members are planning a 351st celebration. We suppose this means Reading will have to come up with a 350.75 festival. Stay tuned.

"About The Towns" covers recent events in the 13-town Middlesex East area. Because Middlesex East deadlines are early, please check the front sections of this paper for up-to-date information about your city or town. We also welcome original material - please send it to Phyllis Nissen, "About The Towns," Middlesex East Supplement, Box 240, Reading, MA 01867.

Woodchips

From S-1

Flaherty, CPA all of STONEHAM.

Joseph W. Brown, Liane K. Amico, Keri N. Blanchette, John M. D'Ambrosio and Allyson Gallagher all of WAKEFIELD.

Melissa Richards, Mary Dinan, Kelly Ryan, Joe Sabia and Police Lt. Robert Silva all of READING

Bonnie S. Weinberg, Mary Venezia, Rich DeCanto, Paul and Joanne Travers, Coach Rich Hayes all of BURLINGTON.

David D. Mood, John J. Monteith, Jr., Jodi McCoy, Michele Flynn and Jenn Duval all of WINCHESTER.

Rev. Leo X. Lynch, Rev. Hubert Desmond, Melinda Peterson, Karen Franson, Kelly McHugh and Karen Treska all of WOBURN.

Folks, while looking up my family tree, one of my relatives threw a coconut down at me.

When I told that to Don Harris he said, "Gee Chipper I always thought a 'Crab Apple Tree' was your family tree."

Don't expect your "Ship" to come in if you didn't send one out. If your ship does come in, you can expect an I.R.S. agent on the pier to dock it."

Kathy and I are going on a two week vacation. The last time we went to Florida we stayed at a "Multi-Star" hotel. In a storm the roof was blown off and never repaired.

Men do make passes at girls who wear glasses-especially if they have beautiful "FRAMES". They say, General Custer wore the first "Arrow Shirt."

For every successful man who climbs up on a stage to receive a diploma, award or a citation there is a woman standing silently in the wings. She may be his mother, wife or sweetheart, who encouraged him to find his way when he felt lost.

She may have helped support him when he was about to fall. Then, after years of teamwork, he is called to center stage and she's happy that people are applauding Him.

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Donald and Barbara Gray, Eddie and Judy Andelman, Michael Moll, D.M.D., Mary-Jean DiStefano and Joseph DiStefano all of LYNNFIELD.

Emily DeMillie, Carol Calestro, Firefighter Lt. John Brown, Gary Robichaud, David Woods and Linda Giles all of TEWKSBURY.

Brianna Daisy, Eric Farrell, Seung Won Kim, Tricia Williams and Judy Sullivan all of WILMINGTON.

Kelly Horgan, Christine Donahue, Andrea Capua, Rane Araby, Jen Capua and Ed

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Calendar of Events

A Listing of Interesting Events and Happenings

INAUGURAL BALL

The German American Club of the North Shore presents an "Inaugural Ball" at the Kings Grant Inn on March 25, from 7:30 pm. Dinner is at 8 pm, fruit cup, chicken Black Forest or baked haddock Monte Carlo, served with baked potato, glazed Baby Belgium carrots and a delightful garden salad and ice cream with brandied fruit and coffee.

Please make your reservations by March 18th. Any questions (508) 356-2152. The fee is members \$25 - non members \$28.

SINGLES DANCE IN BEDFORD

Parents Without Partners Minuteman Chapter of Burlington will hold a singles dance on Saturday, March 18 at the American Legion Hall, Great Rd., Bedford, from 8 pm to midnight.

To join Parents Without Partners attend a newcomers orientation night, held the second or fourth, Tuesday of each month at 7:30 pm at Royal Hawaiian Restaurant, 34 Cambridge St., Burlington. For more information call 508-667-6834.

COMPUTER MEETING ON APPLE

Free Apple Computer meeting. Members of New England Apple Tree (NEAT) will hold an open meeting for all interested in Apple II and IIGS Computers and Software. Members will be available to answer hardware and software questions.

This month's meeting will be a demonstration of children's software, from Briteideas. The meeting will be at the Reading Public Library, Middlesex Ave., Reading on Wednesday, March 22, from 7:30 to 9:30 pm.

For further information call Jack at 617-395-9050 weekdays or through the Internet pbauer@mit.edu. NEAT is the area's oldest self help Apple II users group, founded in 1979. They are a source of information about Apple II and IIGS computers, hardware, and software.

SUMMER CAMP FOR ABUSED BOYS

The Children's Connection, Inc. announces that it is now accepting applications for its four week summer camp for sexually abused boys. Running from July 2nd through July 29th, this program provides a traditional sleep away camp experience, combined with a specially designed therapeutic treatment approach.

Thirty boys, age 8 through 15, will be accepted. Last year, campers came from New Hampshire, Maine and Massachusetts. Tuition assistance is available. Call 603-887-5212 or write, care of P.O. Box 65, Chester, NH 03036.

LIBRARY PRESENTS FREE SUNDAY CONCERT

The Malden Public Library's free Sunday Concert series presents "An Afternoon with Puccini & Friends," Susanne Barisano Cotter, soprano and Ruth Hedberg, piano, on Sunday, March 19 at 2:30 pm.

The Program includes works by Handel, Mozart, Mascagni and Puccini. Admission is free and the public is requested to use the Park Street entrance.

SWIM FOR SIGHT MAKES A SPLASH

Hundreds of swimmers in Massachusetts will dive into an unusual fund raiser to help cures for blinding eye disease on Saturday, March 18. The occasion is the seventh annual Swim for Sight, a pledge event to ben-

efit The Schepens Eye Research Institute, one of the world's largest centers for eye & vision research, and the Massachusetts Lions Eye Research Fund, Inc.

The event is open to swimmers of all ages and abilities, who collect pledges and swim for an hour.

This year's "headquarters," site for the event will be the Boston Athletic Club, with additional sites at Salem State College, Salem; Bridgewater State College, Bridgewater; and Bentley College, Waltham; Auburn Racquet Club, Auburn; and Hanscom AFB, Bedford.

For more information and to obtain pledge sheets and registration forms, call the SwimLine at (617)723-5494.

VOLUNTEER TUTOR TRAINING WORKSHOP

A workshop to train Volunteer Tutors to teach English as a Second Language (ESL) to adults will be held on Saturday April 1 and Sunday April 2 in Woburn. This workshop is offered by the Eastern Massachusetts Literacy Council.

There is a small fee which covers materials to be used in tutoring. At the workshop tutors will be assigned to students in their geographical area.

Registration must be received at least one week before the workshop.

For registration and details, please call 617-862-3706 or visit the East Lexington Branch Library.

CHOIR TO PERFORM IN LYNNFIELD

The Gordon College Choir will present a program of sacred music at 7:30 pm, Thursday, March 23, at Messiah Lutheran Church, 708 Lowell Street, Lynnfield.

The 55 member choir, which

has appeared widely throughout the east, is led by C. Thomas Brooks, professor of music. The group will sing in a variety of musical styles ranging from classical to contemporary, from hymns to spirituals.

Located in Wenham, Gordon is New England's only non-denominational Christian college. It offers 30 majors in a wide range of the liberal arts and sciences.

There will be no admission charge, but a free-will offering may be taken. For more information about the choir's performance, contact the Rev. Charles Neugebauer at (617)334-4111.

PHOTOGRAPHIC SOCIETY HOLDS MEETINGS

The Reading Photographic Society's next meeting, is the NECCC Nature Slide Competition. Reading is an entrant with five other clubs in this event. The meeting will be held in the large meeting room of the library Wednesday March 22nd at 7:30 pm.

The Reading Photographic Society meets the Second and 4th Wednesday of each Month at the Reading Public Library. Anyone who has an interest in photography, any skill level is welcome. For information please call Ron Morse at 944-5117.

SECOND ANNUAL ETHIC CONFERENCE

Elder Services of Merrimack Valley, Inc. Holly Family Hospital and Medical Center, and Merrimack Valley Hospice will jointly present the Second Annual Ethics conference on Friday, April 7, at the Andover Marriott Hotel, 123 Old River Road, Andover.

The all day conference is titled "Whose Life Is It Anyway?" The Paradox of Providing Care and Comfort" begins with registration at 8:15 am followed by the keynote address "Is Dying (Well) a Matter of Ethics?" presented by David Roy, Ph.D., director Center of Bioethics, Clinical Research Institute of Montreal.

Speakers from the medical

WEDNESDAY/THURSDAY, MARCH 15, 16, 1995-PAGE S-5

theological, social work, and ethical disciplines will present workshops exploring the complex issues related to death and dying.

The cost of the conference is \$49 per person, \$44 per person for groups of three or more. The conference fee includes a luncheon and materials. CEUs are available for nurses, social workers, nursing home administrators and for risk management credits for physicians. Certificates of Attendance are also available.

60's DANCE ON TAP IN WAKEFIELD

"Come as you were or wish you were in 1966!" is the theme of Wakefield Repertory Theatre's 3rd Annual 60's Dance to be held on Saturday, March 25 from 8 pm to midnight at the American Civic Center, 467 Main St., Wakefield.

This fundraiser will feature live entertainment by "Class of '66." Prizes will be awarded for best costumers, and trivia contests will be held throughout the evening. Tickets are \$10 each, and as there is a cash bar, only those age 21 and older will be admitted; positive ID required.

Tickets can be purchased at the door or in advance at "Dead-Eye Darts," 20 Albion St., Wakefield, (617)224-9990.

RETIRED OFFICERS ASSOCIATION MEETING

The Retired Officers Assn. (TROA), Paul Revere Chapter will hold a social hour and dinner meeting at 6:30 pm on Thursday, March 16 at the Hanscom AFB Officers Club, Bedford.

Discussion of issues of interest to members of the retired military community. Information (508) 658-4886.

ST. PAT'S PARADE IN LAWRENCE

The annual Saint Patrick's Parade will step off in Lawrence, on Sunday, March 19, at 1 pm. The parade theme is "FRIENDSHIP, LOYALTY, LOVE", as symbolized by the hands, crown, and heart of the claddagh.

Parade formation will take place on and around South Union Street, in South Lawrence. An estimated 2,000 marchers will parade from South Union Street to Salem Street, to South Broadway, over the O'Leary Bridge, along Broadway to Lowell Street, to Hampshire Street, to Essex Street, continue past the reviewing stand at Essex and Appleton Way, and disband at the corner of Essex and Mill Streets.

Music will be provided by the Campbell Highlanders, Colonial Bank of Lawrence, Colonial Bagpipers, Dracut High School, Haverhill High School, Lawrence High School, Locke-Marshall Middle School, Malden High School, McCarthy Middle School, New Liberty Jazz Band, Salem, NH High School, Timberlane Regional High School, and West Newbury Veteran Firemen's Association.

Marchers and floats will represent Public and Parochial area schools. Neighborhood Groups, Scouting Veterans Organizations, State and Local Elected Officials, Ethnic and Charitable Organizations, Firefighters, and Law Enforcement.

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White with Black & Orange markings. Declawed. Very friendly. Has collar. In vicinity of Wright St. Call 935-4883

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angora, male, 2 yrs. old. Answers to Rocky. Lost in Jan. West St. area. Wilmington. 508-567-9480. 3/15t

LOST: "Brownie", 10

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Land For Sale 147

WHITE MTNS. Lake front lot 80 ft. frontage complete septic sys. in ground w/town water. Haverhill NH \$35,900. Call Tom 508 658-3963. tft

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SAFETY HARBOR FL. Furn. 2 bdrm., 2 bath, Mobile Home in 4 STAR Sr. Park. Livrm., kit., Fla. room. Sep. util room w/w/d. Exc. cond. 20 min. from Tampa Airport. Bush Gardens, Clearwater. Pets ok. Ask \$15,900 BO. 813-725-2452 / 617-729-6529 after 6pm

Real Estate Wanted 151

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With or without building permits. Call Craig at office 508-658-7675 or home 508-657-0199. Answering machine will be on when we are out. 3/29t

RENTALS

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ANDOVER one bedroom apts. Walk to center \$575 to \$650 per month. No pets or util. 508 851-8776. Leave day and evening number. 7/26n

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Greater Boston Properties. Houses & apts. \$600-\$3200. Over 20 listings. Chris D'Errico, M-Sat. 9-7, 729-8989. Listings Welcome

BURLINGTON: 1 bdrm. w/pvt. entr., nr R128. Single pref. Non smkr. no pets. Av. 4/1. \$725 incl. util. 617 273-1857.

EVERETT: 3 rooms, refrigerator included, off street parking, 1st/last, \$500 no utilities, call after 6 231-3484

EVERETT: across from Pope John, 2 bedroom condo, all utilities, elevator, parking, excellent condition, \$700 389-9862

KING REALTY
Woburn, happy sunny studio, kitchenette, pool, Cat? Av. 5/1. \$545 all utilities. No fee.

Woburn, 2 bdrm. newer duplex, 1 1/2 baths, balc., sunndk., pool, cat? Av. 5/1. \$895 no util. No fee.

N. Reading, Greenbriar condos. Mod. 1-2 bdrm. Pool, dw, disp., centr. vac. \$750 ht./hw. Fee. 617 438-7190

MALDEN OAK GROVE, 3rd floor, 1 bedroom, jacuzzi, skylights, wall to wall laundry, non-smokers, clean, walk to T, \$600, 321-9320

MALDEN One bedroom, three large rooms, laundry, carpets, heated, 4/1, \$595 month. Owner, 648-0685

MALDEN 4 rooms, 1 bedroom, 1st floor, excellent location, near T, hardwood floors, tile bath, \$600 month. 438-9034

MALDEN large 1 bedroom, 1st floor, eat-in kitchen with pantry, oil heat, \$575, 1st and security 324-4362

MALDEN One bedroom in duplex, 1 1/2 baths, modern kitchen, \$625 no utilities, no pets, available May 1. 321-2657 after 6 pm

MALDEN MAPLEWOOD, 3 large rooms, 1 bedroom, updated kitchen and bath, carpeting, parking, storage, amenities, 4/1, \$645 with utilities, 641-2657

MALDEN: 1 br, 1st floor, near T. Spacious. \$675 +. Harvey R.E. 508 658-4324. 3/15t

N. READING lg. 2 br lux. condo nr. 93, ht. w/gas incl. w/sunny balc., ac, wdw. d&d, walk in closet, indrv., pool, pkg. Avail. 4/1. \$800, no pets. 508 526-0887.

NO. READING, 2 bdrm. apt. Small apt. complex. Pkg., balcony, no pets, no w.beds. \$725 mo. incl. ht. Call 1 508 750-0427.

READING 1 & 2 bdrm apts. \$650-\$725. Heat and hot water incl. No pets. Fee LARKIN & LARKIN R.E. 617-942-2080

READING 2 fam., 1st flr., 3 rooms, pkg. & yard. \$650 mo., no util. Days call 942-1818, eves. 944-4104.

READING CENTER
Newly decorated studio \$650; Rent incl. ht & hw. Short walk to T, shops & restaurants. Convenient to Rtes 93 & 128.

Gen. Washington Apts.
508 369-7282
Managed by Capital Properties

SOMERVILLE 1 bedroom apartment, available April 1, no pets, no utilities, near public transportation, rent negotiable 233-0818

STONEHAM mod. 1 & 2 bdrm. apts. Fully appl. kit., off st. pkg., laundry/storage, ht & ht wtr. incl. 1 bdrm. \$700 mo. 2 bdrm. \$800. 617 438-7648. 3/30s

STONEHAM 2 bdrm. Lvgrm, dmgrm, K & B. w/w, washer/dryer & dishwasher. 2 car pkg. Patio off dngmr. 438-5016

STONEHAM
Cozy 3 rm. 2nd flr. apt. on bus line, ez acc to 93/128, new paint, off st. pkg., gas ht. \$540 per mo. plus util. 438-6634. 3/23s

STONEHAM 2 bdrm. apt., \$675 mo., ht & hw incl. 1 car pkg., ac, ww, in 6 unit apt. No pets. Call 617 334-2200. 3/16s

STONEHAM Sq., apt., 2nd flr., living rm., bdrm., kitchen, bath. Carpeted, heated. hw. \$550. 617 438-1101. 3/23s

Tewksbury: Spac. town house w/ frpl. 2 lg. BR. 1 1/2 baths, gar. fully appl. Nr. 93/495/308. Avail 6/1 \$1,050. 508 858-0114.

WAKEFIELD west side. NR. pub. transp. & lake. 4 lge. sunny rms. Htd., w/d hkup., no pets. \$750 mo. Av. 4/1. Call 617 246-5660.

WILMINGTON 1 br apt. Hookup for wash. & dryer. Non smkr. \$600 mo. plus util. 1st & last plus sec. req'd. Call 508 658-3393. 4/26t

WINCH: Avail. now. Older 1 1/2 BR dup., 3/4 bath, lg. closets, w/d hkup. cellar storage. No pets. Fee \$650 + 617 446-2728.

Woburn - Townhouses
2 bdrm. 2 1/2 bath Townhouse's, and 1 & 2 bdrm Garden Apts. w/w, pool, patio, AC. No pets. From \$665. 617 935-3479.

WOBURN
Just off 128, on Rt. 3. Remod. lux. studios 1 & 2 bdrms. from \$595. Incl. h. & hw. All concrete fire proof const., bus stop, pool, no pets. M-F. 3-6.

WOBURN \$575. Bright
Sunny 4 rm apt. Exc. resld. ngnbrhd, featuring hrdwd flrs, 2 car-pkg spaces, no pets, no util. Call 729-1008

WOBURN 3 room apt.
Excellent condition. Good size rooms, quiet street, off st pkg. \$595. Call 617-937-8178

WOBURN 2 room studio,
newly renovated, dw, laundry avail. \$495 plus util. Call 617 935-3816.

WOBURN apartment
complex. 1 bdrm. apt. start at \$600 mo. htd. 2 bdrm. apts. start at \$715 htd. No pets, no fees. 617 933-1414.

WOBURN 4 rm. house.
Storage, convenient to hwy's., nice ngnbrhd. Avail. 4/1. \$650. Wldfeldt R.E. 617 933-8191.

WOBURN: Nice 2 bdrm. w/w, w/d hkup, off st. pkg. No pets. 1st & sec. \$625 mo. + util. Call after 5 pm. 617 933-4299.

WOBURN 2nd flr., 2
bdrm. apt. on bus line. Lge. mod. cab. kit. w/ stove, refrig. \$585 no util. no pets. Lse. & sec'y. 617 233-0555.

WOBURN newly renov. 2 bdrm. twnhse style apt. Nr. Ctr. Many updates. Avail. Immed. \$675. 617 272-9767.

WOBURN 4 rms. Close to schs., transp. \$700 mo. Call 617 935-0041.

WOBURN: 5 room, 2 bdrm in 2 family. Eat-in-kit, w/d hkup., pkg., refrig. Exc. loc. Must see. \$875 +. 617 246-7606.

WOBURN avail. 4/1/95. 4 rms., 2 bdrms., w/w&d, ac, del&d, 3rd flr. mod. Regr. \$590, 1st & last. No util. no pets. 944-1753, 932-7986, 938-9987, 944-8406.

WOBURN: Avail 4/1. Lg. 1 BR condo, w/w, w/d in bldg. Pkg. \$650 incl. ht & hw. No pets. 617 933-0041.

WAKEFIELD 398 Main St. Clean furnished room, kit & laun. priv. \$80 week. 617 245-2045 or 617 942-7113. tft

WAKEFIELD lge. furn. rm., tile bath, appl'd kit., h/w&w, pkg., nr. center. \$105 wk. Also rm. \$85 wk. 245-0059.

WILMINGTON ROOMS
Large clean rooms on Silver Lake. Kit. & bath privates. Wash & dryer. \$70-\$100 weekly. All util. incl. 508 658-2656.

Commercial 159

NORTH Reading Park
Place. Share office condo - 3 rooms, reception area & kitchen. \$200.00. 508 664-3190. tft

OFFICE SUITE
Reading - Excellent route, 28 locations. 2-3 office suite. Your sign will look great here! 944-5250.

READING 2,200 SQ. FT.
of commercial/industrial space for lease. For information please call 617 944-9512

WILMINGTON: Waterfront 8,800 + s.f. lot. Building & conservation permits included. Water, sewer, gas, electric, telephone & cable ready. \$99,900. 508 657-8382.

WOBURN CENTER OFFICE
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Houses 161

LYNNFIELD 5 room house, 2 baths, 1 car garage. \$1150 plus utilities. Call 617-246-1616

Wilmington - Victorian - 8
rms. 1 1/2 baths, FP \$1,200 +. Harvey Real Estate 508 658-4324. 3/15t

WILMINGTON - 1 BR
Home. yard, near 129. \$850 +. Harvey R.E. 508 658-4324. 3/15t

Rental Services 165

ATTN: LANDLORDS
Do you have a house, apartment, duplex or condo for rent? Here are 5 reasons to let us help you rent your property.

1. Full time rental service.
2. Experience at your service 30+ years.
3. Knowledgeable of the current residential landlord-tenant laws.

4. Property Management available.
5. 24 hr. electronic answering service.
Call ELMAN REAL ESTATE, Wilmington, MA 508-658-4324. tft

Rentals To Share 167

BURLINGTON/Billerica
line. Rmmtte wanted in private home. wash/dryer, private bath. \$300. Utills incl. Call 508-663-9351

GREAT LOCATION!!
SHARE sunny, cozy 2 bdrm w/fem. & adorable dog. Off st pkg, yrd, Indrv. storage. Non smoker pref. \$350/mo + 1/2 util. Avail 4/1. Stoneham. 279-3244. eves. 272-7505 days 3/16s

MELROSE 35+ to share
duplex. W/D, parking, nr. hosp. & T. Must be employed & neat. \$350 + 1/2 util. Sue 665-7980.

STONEHAM F. no smoke/pets, mod. 2 bd., 2 bath condo, balc., Indrv in unit, Franklin St. \$425 +. Avail. 5/1. 438-8803. 3/23s

WAKEFIELD rmmtte. for 2 bdrm. apt. in hse. Yd., porch, pkg., near ctr., trains, 128/93. No pets/ smoke. \$380 +. 245-0548. 3/23s

WOBURN seek non smk. resp. F rmmtte Charming 2 br apt. - br. w/sep. entr. - w/d / yard / pkg. Near 128/93. Avail. 5/1. \$400 incl. all. 617 938-8663.

WOBURN: Mature N-smk. adult to share large mod. apt. w/ many amenities. Lge. bedrm w/ own bath. Pkg. Eves 617 933-8722.

WOBURN M. rmmtte. wtd. to share 3 flr. s/e in newer subdiv. Nr. 128/93. Dead end st. Fully furn. \$325. 617 938-0014.

WOBURN M. rmmtte. wtd. to share 3 flr. s/e. Top flr Jacuzzi, full priv. Fully furn in newer subdiv. \$425. 617 938-0014.

WOBURN Large room.
Share kitchen & bath, parking. \$320/mo. Security deposit required. Call 617-935-7543

Rooms 169

BILLERICA CENTER
on bus line. Clean quiet furn. rm. From \$80 - \$95 wk. Call 508 851-4330.

BURLINGTON: Unfurnished room in private home w/ full house priv. & util. Nr. 62 & Midw. 617 272-7648.

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Room. For fully employed mature person. Share K & B. Sec. dep. & refs. req'd. \$85 wk. 617 944-8363.

READING sunny rm. for short term rental, all privileges, util. incl. Pkg. on premises. \$300 mo. Prof. female preferred. 617 944-6512.

STONEHAM cozy furnished rm. Kitchen privileges, handy. M/F. Non smoker. \$325 all util. No fee. King. Realty, 617 438-7190.

WAKEFIELD 398 Main St. Clean furnished room, kit & laun. priv. \$80 week. 617 245-2045 or 617 942-7113. tft

WAKEFIELD lge. furn. rm., tile bath, appl'd kit., h/w&w, pkg., nr. center. \$105 wk. Also rm. \$85 wk. 245-0059.

WILMINGTON ROOMS
Large clean rooms on Silver Lake. Kit. & bath privates. Wash & dryer. \$70-\$100 weekly. All util. incl. 508 658-2656.

WILMINGTON Furnished or unfurnished. \$80/wk. Cable extra. Call 508-658-6248 3/15t

Seasonal 171

BALCH Pond Lakefront,
Wakefield, N.H. 3 bdrm. house. W/D, dock, \$600 per week. Call 944-0963.

LAKE Winnepesaukee,
Gifford / Samoset. Lux. 3 BR 2 1/2 BA condo. Pvt. beach, pool, tennis, plus much more. \$1,000 wk. 617 944-8569.

LOON Mt. NH at The Village. Deluxe 2 br. twnhse. View of ski slopes from frpl. livrm., pools, \$350 wkend., \$675 wk. 1.508 778-0053. tfts

Ski Loon Lincoln N.H.
Lux. condo. Fully equipped, pool, fitness ctr, restaurant, ski shuttle etc. Reasonable rates. 800 429-3363.

SKI LOON Lincoln NH
Lux 3 bedroom, 3 bath condo, sleeps 10, fireplace, fully applic. Pool, hot tub, fitness ctr. & shuttle. Reas. 729-4864

Wanted To Rent 175

PROF. family looking to rent 3 bdrm., eat in kit, w/d hkup, pkg. for 2 cars, Wakefield, Winch., Reading or No. Read. 284-1954.

AUTOMOTIVE

Auto & Truck Parts & Repairs 181

STRONG 460 Big block in 1973 Country Squire, 90K, mint, never rebuilt. Sticker, \$750 drives it away. Before 3 pm, 273-1234. 4/06s

AUTO X CHANGE 185

1987 Olds 98 Regency.
74k mi., fully loaded. Exc. cond. \$5,000. Call 508 664-1139.

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Sedan partially restored (in primer) all parts for complete restoration. Runs good. Body good. \$3995/BO 617-933-3032 tft

1967 CHEVY Camaro,
6 cyl. auto, newly rebuilt 250 eng/trans. Exc. body. New tires, batt., exh. \$3300 FIRM 942-2803

1968 CHEVY Nova, 6 cyl. 250 engine, auto, 2 new tires & exhaust, runs good. \$1000 or best offer. Call 617-272-0074

1970 AMC Hornet, V8, auto, ps, 2 dr, 47K orig. mi. v/g cond. Nds tires & tuneup. \$1000. 944-9575 11a-8pm. 800-869-5300 x3374 M-F 9am-6pm

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Florida car. all power. Very dep. g/d winter car, new tires, lots new parts. \$750/BO 942-3761

1979 LINCOLN Coupe.
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1979 MG Midget. White runs good. \$1800. Best offer. Call 617-662-0014

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1983 OLDSMOBILE Regency. 100K + miles. well maintained \$1895. Call for details after 5pm 944-1965

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1984 CHEVY CELEBRITY
Station Wagon, 4 cyl. auto, AM-FM, runs good, 123K miles, 321-1674

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can buy a 1984 Chevy Caprice Wagon, 23K original miles, excellent shape, \$3900/best offer. (617) 846-5134

1984 MERCURY LYNX L.
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1984 NISSAN MAXIMA
wagon. AC, auto, vnyr good cond. 1 owner. \$2,000. Call 617 279-0300. 3/27s

1985 BUICK Park Ave.
Brown, pw, pl, pseat, climat. cont., Fwhl dr. damage to r-bump. 106K. New tires & brakes. 1 own. \$2,250 BO. 935-7978.

1985 CHEVY Celebrity. 4 dr., 2 tone, auto., 6 cyl., ps, pb, ac. Drives terrific. \$1,395 or B.O. Call after 5 p.m. 617 229-8136.

1985 Delta 88 Brougham,
2 dr., factory mags, all pwr, Ziebarted, garaged, new tires, brakes. \$2700/BO. 617 933-4824.

1985 DODGE Aries, blue, good condition. \$1500/BO. Call after 4 pm, 617 935-7355 ask for Maura.

1985 Ford Escort Coup.
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1985 Olds Cutlass Supreme. 2 dr. coup. Auto, 6 cyl., ps, pb, ac, am/fm cass. Tuned-up, 90K. Rides exc. \$1,995 B.O. Mike 508-532-7766

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1986 BUICK Regal, v6 auto, 71k. ps, pb, ac, tilt, velor int., New tires, battery & paint. Mint cond. \$2,500. 617 246-4082 days, 246-0913 eves.

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Wagon, ps, pb, ps, am/fm stereo, 110k mi. 1 owner. Gd. cond. \$1,700 or bo. Call 508 851-4874. 3/15t

1986 CHEVY IROC 66K, 4 new tires, excellent condition, Red with tinted windows. \$4800. 617-273-3346

1986 CAMARO 5 spd., V6,
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1986 HONDA Prelude SI,
5 Spd, Black, sunroof, great condition. High mileage \$2,500. Call 617-944-2145 Heidi

1986 LINCOLN Town Car.
Real clean. A must

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MEDICAL

SPECIAL CARE HOME HEALTH SERVICES in BURLINGTON has the following positions available:

RNs

Computer D/E Experience

Special Care Home Health Services is growing! We are seeking to fill two newly created positions, both 20-30 hours/week. The ideal candidates will possess computer data entry knowledge and will work with our computer admit group. Homecare medical experience, as well as quality improvement and record review background would be beneficial. Please call or send resume to Karin Itrato.

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We need caring, reliable employees to assist our clients in their homes. Light housekeeping, laundry, errands, personal, and other needs. Work around your own busy schedule servicing the same clients every week. Flexible schedules, including mornings, early evenings, and weekends. For more information, please call Lolita.

PEDIATRIC HOME HEALTH AIDES

Individuals needed to help families in their homes, afternoons, evenings, and weekends. For more information, please call Lolita.

CERTIFIED HOME HEALTH AIDES

Individuals needed to work in the Watertown/Newton area, early mornings and weekends. For more information, please call Lolita.

Special Care Home Health Services
60 Mall Road
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(617) 229-6200

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Experience preferred.
Full-time, 11-7, and every other weekend, 7-3.

CNAs

Experience preferred.
Full-time, 7-3, 3-8:30, and every other weekend.

Woburn Nursing Center, a highly progressive rehabilitation and skilled nursing facility, is accepting applications from candidates who are committed to providing quality health care, experiencing professional growth and enjoy working in a friendly, nurturing environment.

If you are interested in becoming a member of our professional team, please send your resume to: Mrs. Farrow, RN.

Woburn
NURSING CENTER

18 Frances Street, Woburn, MA 01801
An equal opportunity employer

NEED Care for 3 in my Reading home. Ages 3.5-7. Non smoker. Need car 8-5. Mon-Fri. References 426-6300 ext 423

NO READING mature, resp. care giver in our home for 3. Ages 7, 4, & 2 1/2. 2 days wk. 8-10 hrs/day. Non smoker, own transp., ref. req. 508 664-7857 after 3pm.

TEWKSBURY: Mature, responsible experienced person to care for infant in our home. 3 days / wk. 11am - 6 pm. N-smkr w/ car, flexible. Must like cats. Refs. req'd. Call 508 851-0097 after 5 pm. 3/22

Employment Services & Publications 210
This newspaper accepts no responsibility for ads requiring fees for services or publications. If you have any questions please call the Classified Department.

General Help Wanted 213

A/R POSITION
Immediate opening for an organized, computer literate A/P individual. Good telephone communication skills required. Automated accounting experience required. Great Plains preferred. AA/EEO, Consumer Supervisors encouraged to apply. Send resume to Human Resources, EMHS, 395 Main St., Wakefield, MA 01880. FAX 617 245-2454.

ASSISTANT Dispatcher/Clerical. Full time position avail. immed. in the Woburn Wakefield area. Must have good phone & typing skills and be familiar with DOT regulations. Please call Monday thru Friday btwn. 8 & 5, 1800 258-1190.

AVON
Cosmetics, Fragrance, Skin So Soft. Anew. Buy or sell Avon Products. Call Peg. Independent Sales Rep. 617-933-6254.

ACCOUNTING ASST.
Woburn based gift/toy company seeking P/T accounting asst. Must be computer able. Flexible hours during days Mon-Fri. Call Kate at 617 938-6100 x 19.

Bookkeeper/Secretary
Industrial investment real estate firm seeking exp. secretary with bookkeeping skills. Familiar with Word Perfect & Lotus. Will train. Salary, insurance & benefits. Start April 1. No phone calls. Send resume: The Begley Co., 185 New Boston St., Woburn, MA 01801

BOOKKEEPER. PACO
Insurance Agency is seeking a Bookkeeper to work 3 days per mo. Resume & cover letter to: Bill Kerr, PACO Insurance Agency, 274 Main St., Suite 306, Reading, MA 01867

CAFE HELP PART TIME
Early mornings - mid afternoons. Apply within. Cross St. Cafe, 107 Cross St., Winchester.

CDL DRIVER. Must have backhoe experience. Call 617 932-4743.

CLASS A or B truck drivers / workers for asphalt company. Call 617 944-7072.

CLEANERS
Excellent house cleaners needed 2 to 5 mornings per week. Car nec. \$8 - \$10 per hour. Call Claire, Minutewomen Inc. 617 862-3561.

CNA's 3 - 11 shift
Small 32 bed nursing home in Wakefield. Ask for Laurie 617 245-4129.

COMMERCIAL OFFICE
Cleaning. Part time, good pay. Mature, responsible person. Woburn area. Call 617 863-6160.

THE CARING CHOICE

Medplex of Lexington, a 211-bed long-term care facility, has opportunities available for caring, qualified professionals to fill the following positions:

Activities Aide

Qualified candidate will work 14 hours per week, which includes weekends, evenings and some holidays. Responsibilities include developing and leading activities. Energy, enthusiasm and a genuine enjoyment of working with the elderly are required. Contact Kim Flaherty, Activities Director.

Recreation Therapist - Alzheimer's Unit

Selected candidate will plan and implement therapeutic recreational programming/activities on our 41-bed Alzheimer's special care unit. BA plus one year experience on an ASCU is highly desirable.

Send resumes to Human Resources Department, Medplex of Lexington, 178 Lowell St., Lexington, MA 02173 or FAX to (617) 862-9255. EOE

SUNRISE
HEALTHCARE CORPORATION

RN - CONTINUING CARE

Full-time - Experience with discharge planning, utilization review and case management.

• PER DIEM opportunities also available.

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• MED/SURG - Part-time, Day/Evening - Med/Surg experience
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Full-time, days. One year of experience.

M.T./M.L.T.

• Full-time generalist - 6:30 a.m.-2:30 p.m.
• Full and part-time generalist - 11 p.m. - 7 a.m. 2 years' generalist experience

Interested applicants, please call (617) 979-3055, or send a resume to Human Resources, MELROSE-WAKEFIELD HOSPITAL, 585 Lebanon Street, Melrose, MA 02176. An equal opportunity employer.



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WE WILL TRAIN

Hours available 7 a.m.-3 p.m., or 3 p.m.-11 p.m. Excellent opportunity to join a health care team.

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NURSING HOME
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LPN/RN

Part time hours available including every other weekend.

11PM-7AM
Under new management. New rates available.

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CUSTOMER SALES REPRESENTATIVE
Theatrical lighting & video company seeks enthusiastic, responsible individual w/ excellent communication skills & knowledge of theatrical lighting & video. Duties: phone sales, price quotes & related sales work. Anna 617 938-9430.

DANDY-LYONS
Ice Cream / Flowers. All shifts avail. Apply to 1331 Main St., READING or call 617 944-9226. 3/22

DRIVERS Light delivery & pickup. Must have own car and neat appearance. Must know Woburn area. Call David 937-0301

ELECTRICIANS
And experienced helpers wanted. Join our team and become part of a growing company with steady work and room for advancement. Reply in writing to: Electrical Job, PO Box 207, Burlington, MA 01803-0307.

Electrical Apprentice
Experience required. Call Christine 508-663-0292

Exceptional Booksellers wanted. Waterstone's Booksellers, twice winner of the Best of Boston's Bookstore award, wants enthusiastic individuals with strong initiative and exceptional book knowledge for our new store in Burlington, MA. FT & PT available. Call 617 229-2222 between 10 am - 6 pm, ask for Jeff.

EXPANDING Limousine Service needs P/T Chauffeurs. Earn \$10+ hr. Call Mr. Green 617 938-0014.

EXPERIENCED Landscapers, Foreman and laborers positions available. Excellent pay. 438-9154 or 508 658-5088. 3/16s

EXTRA INCOME
No investment, risk free, residual income. Full or part time. Call Rob at 508 921-8468. 3/29n

FAMILY Daycare has temp assist. position. Exp. pref., refs. req's. Call Joan 508 658-8292. 3/23

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Employers reject a resume because of poor grammar, spelling or content. Does yours make the cut? You need: The Competitive Edge 617 932-3232

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Seeking FT fry cook w/ exp. in preparing fried seafood. Good working conditions. Pay neg. A/C kitchen. Great boss. 508-657-8700 ask for Mike. Live phone no. we will return your call tft

FT WAITSTAFF
Winchester Country Club looking for full time waitstaff & bus people. Benefits package included. Paid vacation, holidays. Health & dental ins. Exc. hourly wage. Apply in person. Tues-Fri. after 11am, 468 Mystic St., Winchester

FULL TIME Receptionist. Tues. thru Sat. for hair salon. 617 938-0495.

GENERAL MANAGER
Must be Master Plumber. Also needed, Journey man plumber. Call 617 932-4743.

GREENHOUSE Gardening help. Seasonal work. Very flex. hrs. In North Reading call Alan at 508 664-6397.

HAIRDRESSER & NAIL TECHNICIAN. With experience. Good opportunity. Woburn area. Call for details 933-6525

HAIRDRESSER Assistant needed part time or full time for busy salon. Call 617 438-1227.

HAIRDRESSER WANTED
Full time, part time. Call for a confidential interview. 617 279-2292. 3/23s

HAIRDRESSER experienced for busy salon in Stoneham. Ask for Ed. 617 438-4065. 3/23s

HAIRSTYLISTS NEEDED
For QUALITY CUTS. Phone owner at 508 535-6963. 1 month free training for new Stylists.

SPECIAL CARE HOME HEALTH SERVICES in Burlington has the following positions available:

New Career Opportunities!!! BECOME A CERTIFIED HOME HEALTH AIDE HOMEMAKER PERSONAL CARE ASSISTANT

Special Care is giving its next course from April 10-May 5, 1995, 9am-2:30 pm, Monday-Friday.

Enjoy a rewarding career as part of our Health Care Team. We assist clients in their homes in maintaining their independence. Join our TEAM!! We also provide training for conversion of CNAs to CHHAs.

For more information and to set up an interview for the course please call Bettie Harper, at:

1-617-229-6200

Special Care Home Health Services
60 Mall Road
Burlington, MA 01803

Special Care Home Health Services
An AdvantageHEALTH Corporation
We're in the NYNEX Yellow Pages • EOE

Become part of our progressive team.

Certified Home Health Aides

Full time and part time positions available!

Also available: **weekend only** positions; work two 12 hour shifts and get paid for 28 hours.

We offer:

- Competitive Salary
- Health, Life Insurance
- Continuing Education Tuition
- Paid Time Off
- 401(k)

Bilingual skills a plus. Call for information:

phone: (617) 246-2441
fax: (617) 246-4810

40 Salem Street
Lynnfield, MA 01940
Equal Opportunity Employer

AMERICAN HOME CARE

Wanted Community Health Nurses RN's No Weekends

Nursing Services Homecare, Inc. is seeking RN's to join our rapidly growing agency. If you enjoy the flexibility of creating your own schedule, working with individuals on a one-to-one basis and are a strong team player...call us.

No experience necessary.

1-800-222-2402
Nursing Services Homecare, Inc.
661 Massachusetts Ave., Arlington, MA 02174

HAIRSTYLIST

Motivated hairstylist wanted for beautiful brand new salon in high traffic Wilmington area. Salary & commission negotiable. Call Mr. Gingle 617 599-9499. 3/29n

Hillview Golf Course
Starter / Ranger / Shop positions avail. Outgoing personality a must. Call Brian 508 664-4435.

LAW Office/Medford Square. Secretary 2 days per wk. Salary commensurate with skills & exp. Send resume & salary requirements to Box #1700, c/o Daily Times Chronicle, One Arrow Drive, Woburn, MA 01801

LIGHT DELIVERY Must have economical vehicle. Part or full time. Call Mr. Smith 933-3844

LIVE-IN companion for pleasant Parkinson woman, 6 days. Call Mrs. Bev. days 617 933-0602 or evenings 617 861-7775.

"MAKE IT CLEAN" Looking for honest dependable people willing to do private house cleaning. 508-664-5804 tft

MODELS wanted. Luncheon fashion shows (Wed.- Promotional). Prefer exp with photos. Will train if qualified. \$10-\$50 hr. Call Cinderella 617 324-7590.

OFFICE HELP
Kirby of Woburn seeking full time and part time telemarketers to schedule appointments for our sales staff. No exp. nec. Hours are 9am-1pm & 4:30-8:30pm with weekend hrs available. \$6. to start with weekly bonuses. Applicants must be neat in appearance and able to start immediately.

PART TIME DRIVER
To courier water samples to lab. Pick up at various locations. As needed in AM & PM. Could become full time in future. 617 438-6114. 3/16s

PART TIME HELP
Busy photography studio needs reliable person, 15 to 20 hrs. per wk., to help assemble, file & provide general office assistance. Will train. 617 438-3607. 3/16s

PRE SCHOOL TEACHER
Are you interested in growing professionally? We are looking for a full time team teacher who enjoys creating & implementing a developmental curriculum. We offer professional development and benefits. Call 272-5845.

For interview call Mr. Howard.

617-932-4720

NANNIES

Full time: Lex. 1 & 2 yrs, \$400. Lincoln 2 & 3 yrs. \$375. Part time after school in Lex. \$10 per hour. Minutewomen Inc. 617 862-3561.

NOTICE NOW HIRING
Taking applications for full or part time work. Opportunity to earn \$500 per wk to start. Large National Company. Call 617 862-2351. EOE

PACINI & SONS
Painting. Must have 5 years exp. & own transportation. Call. 508 851-9865.

PART/Full time help for busy cleaners in Burlington. Flex. hours. Pleasant environment. Call Nicholas 924-6322

PART TIME SECRETARY needed for the disorganized Boss. Filing, typing, phones, etc. Must type fast, learn quick. Call Nancy M-F 9am-11am. 617-233-2420 or FAX 617-233-1593

QUALITY CUTS
HAIRSTYLIST Needed for Middlesex Mall, Burlington. We are fast paced full service & very busy. Call 617-598-4737 or 508-535-6963

RECEPTIONIST for fast paced Natural Approach to Health Chiropractic Office. Great salary & fringe benefits. Full time. Exp. not necessary. Outstanding career opportunity. Skill test given. FAX resume to 279-4834

RECEPTIONIST FT
Competitive salary, great benefits. Duties: telephone, greet customers, light clerical, data entry skills a plus. Ideal for night student. Burlington. Call Jim at 617 229-9494.

RECEPTIONIST: Immediate opening in busy veterinarian clinic in Arlington 7:30 - 1 pm Mon. - Fri. Telephone, organizational, computer, and people skills required but will train. Call for information. 617 646-0758.

LICENSED SOCIAL WORKER

Part time position consisting of 4 hours, 1 day a week. Pay is commensurate with experience. Long Term Care background is necessary. Knowledge of OBRA is helpful but not required. Referral contact base is a definite plus. Must be mature, responsible and diplomatic. We are a private pay nursing home.

The Arnold House
490 Williams St.
Stoneham, MA
or call Mr. Mason at:
617-438-1116

DENTAL RECEPTIONIST

FULL TIME WAKEFIELD
Modern Perio Office. Dental experience a must. Easy dental software. Computer experience required. Excellent salary and benefits.
Call Kathleen
617-232-0083

DENTAL HYGIENISTS

Woburn office. Hours available Monday and Tuesday afternoon and evening, and Friday morning.

617-933-0217

PROFESSIONAL

Investor Relations Executive Assistant

\$45-\$50,000
Corporate Counsel seeks dynamic executive assistant to act as PR liaison with media. You'll get involved with investor/SEC issues and support corporate counsel. Must have strong written abilities and investor relations experience.

Vantage Personnel
215 Newbury Street
Peabody
617-279-2500
Fax: 508-535-6709

PERFECT Cuts Landscaping. Looking for hard working, reliable, prompt workers starting the end of March. F & PT. 617 944-7225 Reading. 508 276-0101, No. Reading.

POSTAL JOBS
Entry level pay start \$12.68 - \$18.52 / hr. for job info and application call by 3/31/95 818 506-5354, ext. 1502.

PT help (2 positions) 1 acctg. assistant w/ computer skills & 1 receptionist/secretary with Windows exp. Fax/Mothers/Others hrs. Fax or mail resume to HK Equipment, Inc. 235 Andover St., Wilmington, MA 01887. FAX 508 988-9477. 3/15t

QUALITY CUTS
HAIRSTYLIST Needed for Middlesex Mall, Burlington. We are fast paced full service & very busy. Call 617-598-4737 or 508-535-6963

RECEPTIONIST for fast paced Natural Approach to Health Chiropractic Office. Great salary & fringe benefits. Full time. Exp. not necessary. Outstanding career opportunity. Skill test given. FAX resume to 279-4834

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RECEPTIONIST: Immediate opening in busy veterinarian clinic in Arlington 7:30 - 1 pm Mon. - Fri. Telephone, organizational, computer, and people skills required but will train. Call for information. 617 646-0758.

Certified Home Health Aides Nurses Aides

★ Earn \$400 in Annual Bonuses ★

- Immediate Home Care positions
- M-F 8 a.m.-3:30 p.m. positions available
- Evenings and Weekends also available
- Competitive Wages, Weekend Differential, Travel Allotment and Health Insurance Available
- Work Available in Burlington, Malden, Medford, Reading, Stoneham, Wakefield, Tewksbury, Woburn and Winchester

Qualified individuals with a strong commitment to patient care apply today!

Elite Health Care

North Andover — (508) 689-3996
Woburn — (617) 933-0778
Medford — (617) 350-0203

PROFESSIONAL

There's nothing conventional about Benetton. Call it retail with a conscience, or style for the real world. Either way you can feel good about working for a company tuned in to the issues that are important to you. And you can expect to shine in your career — as an individual, and as a part of our global team.

Store Managers

We need energetic, dedicated professionals in our BOSTON and BURLINGTON store locations. Retail management experience is required, and fashion experience is preferred.

Our respect for you is visible in the stability and growth opportunities we offer,

WOBURN AREA
(617) 933-3700
FAX (617) 932-3321

MALDEN AREA
(617) 321-8000
FAX (617) 321-8008

JOB MART

WOBURN • WINCHESTER • BURLINGTON • READING • WAKEFIELD • STONEHAM • WILMINGTON • TEWKSBURY
NO. READING • LYNNFIELD • MALDEN • MEDFORD • MELROSE • PLUS SURROUNDING COMMUNITIES



BUSINESS

We are an established manufacturer of high quality sunrooms and a subsidiary of a \$1 billion London Stock Exchange-listed company. We have successfully marketed our product line in England for over a decade. Having formed a business partnership with America's largest Do-It-Yourself home improvement retailer, we entered the U.S. market last year. Join us as we undertake an aggressive expansion as part of our goal to become a national force in the home improvement industry.

Sales Order Entry Clerk

You will be responsible for order processing, filing, generating picking tickets and delivery notes. Customer service experience and word processing skills are required.

Inventory Control Clerk

Working closely with Purchasing and Accounting, you will be involved in the maintenance of master files, the generation of invoices, the regular production of stock status reports, and the reconciliation of perpetual inventory. Requires 2-3 years experience with inventory control in a distribution or similar environment, and strong accounting skills.

Receptionist

You are a personable individual with good telephone and word processing (Microsoft Word) skills who enjoys working in a fast-paced, professional environment.

General Warehouse Assistant

You will be responsible for the receipt and unloading of goods into warehouse, inventory maintenance, and quality control. You will also perform kit assembly, order picking and vehicle loading. A keen sense of accuracy and an enthusiastic attitude are essential. Some heavy lifting is required.

Please fax or send resume with cover letter and salary history to Hartford Conservatories, Inc., Attn: Human Resources Department, 6 Gill Street, Unit E, Woburn, MA 01801. Fax: (617) 937-9025.

An equal opportunity employer B10-16

Part-Time/Flexible Hours Service Assistant

Join our growing Generator Service Team as a part-time assistant. Work with Service Manager handling light typing (IBM Word Processor), filing and contacting customers to coordinate service. Flexible parents' hours.

Please call Janet at 617-246-1810 X 213 for interview. **POWER PRODUCTS, INC.** ELECTRICAL POWER SYSTEMS DIVISION 90 Bay State Road, Wakefield, MA 01880

PowerProducts
"THE POWER SOURCE"

Full-Charge Bookkeeper

Mother's Hours

Immediate part-time opening at Woburn-based real estate developer for an experienced bookkeeper. G/L, A/P, A/R, C/R and Payroll using Real World computer software. Flexible hours and benefits. Pay commensurate with experience. Please send resume and salary requirements to:

Kendall Square Associates
10 State Street, Woburn, MA 01801

An equal opportunity employer B13-15

EXPANDING, fast-paced local health care company seeks the following positions:

OFFICE MANAGER

Requires accounting/financial background, payroll experience. Computer proficiency and strong organizational and administrative skills. Minimum 2 years experience preferably in the medical field.

A/R MANAGER

Requires accounting/financial background. Must have previous billing and collections experience, preferably in the medical field. Must have dynamic personality, excellent telephone skills and computer proficiency.

EXEC. SECRETARY

Excellent organizational and administrative skills, strong computer background. Must be able to type minimum 60 wpm.

Send resume to:

Box 1692
c/o DailyTimes Chronicle
1 Arrow Drive, Woburn, MA 01801

MEDICAL

Home Care

NURSES

Work in the Comfort of Home!
Now Offering Home Care
Assignments in Greater Boston

RNs up to \$26/visit
CHAAs up to \$10/hour

Must have 1 yr. recent home care experience, own transportation, flexibility and dependability. Call for appointment:

617-367-2607



FAVORITE NURSES

FAVORITE TEMPS

323 Washington St., Boston

AA-KOE/Temp-No Fee

BUSINESS

Charrette, the region's leading provider of supplies, equipment and furniture for design professionals, has the following opportunities available:

customer service representatives
30 hours per week
(10:30 a.m. - 5 p.m./
11:30 a.m. - 6 p.m.)

We have part-time positions available in our Corporate Customer Service department for individuals with enthusiasm in providing excellent service with a pleasant, professional telephone manner and proper use of English grammar. One to two years of on-line order entry or customer service experience is required. Job Code CSR.

customer service switchboard operator
(8 a.m. - 3 p.m.)

Responsibilities include answering incoming calls through a department switchboard, data entry into computer, maintaining records, and filing correspondence. Successful candidate must be willing to work in a fast-paced environment, have outstanding telephone skills, and basic typing skills. Prior customer service experience would be a plus. Job Code SB.

We believe you will enjoy our professional environment. We offer an attractive compensation package and training for successful candidates; some benefits are also available.

Please send your resume with job code to: Charrette, Human Resources Department, P.O. Box 4010, Woburn, MA 01888.

An equal opportunity employer/smoke-free environment.

charrette

B13-15

INSIDE SALES ASSISTANT

Full or Part Time

Top national consulting firm seeking highly motivated individual to assist sales executives in obtaining appointments and prospecting. Previous telemarketing, inside sales and customer service experience preferred. Excellent communications skills required to contact and converse with corporate executives. Basic computer skills required. Professional non-smoking office in Burlington. Send or fax resume to Corporate Headquarters:

DuCharme, McMillen & Associates

Attn: Human Resources
6610 Mutual Drive
Fort Wayne, IN 46825
Fax: 219-482-8152

Proud to be an Employee owned Company and
An Equal Opportunity Employer B13-15

ACCOUNTING POSITION

Challenging position for decisive, intelligent person in very busy office. Requires solid bookkeeping, organizational and word-processing skills. Associates Degree in Accounting or equivalent experience.

Please send resume to

P.O. Box 1030
Melrose, MA 02176

B13-17

Administrative Assistants Executive Secretaries NEEDED IMMEDIATELY

Perm, temp to perm, long and short term assignments available. All levels needed. Microsoft Word and Excel a plus.

Call today for an interview!

DAVIS TEMPS, INC.

44 Mall Road
Burlington, MA 01803
617-229-0088

B9-15

TELEMARKETING (INSIDE SALES)

Woburn telecommunications company seeking ambitious sales people. Full and part time positions. Only experienced telemarketers apply. Hourly wage, bonus and residual income.

CONTACT: MR. DAVID SPRING

617-933-1230

B10-17

BUSINESS

Spring Is Upon Us! Let Your Spring Fling Be A New Career!

RECEPTIONIST

Waltham, Salary to \$17K

Answer 7-10 incoming lines, mt/gt visitors in front office, some data entry and general clerical duties as well. Prior employee is being promoted.

CUSTOMER SERVICE

Boston, Salary to \$24K

Fast-growing firm needs an add'l staff person. Lots of incoming calls on 800 lines, follow-up on customer orders, work closely with field sales reps, computer literacy is key.

SECRETARY

Andover, Salary to \$28K

Senior mgmt. group needs asst. able to handle diverse responsibilities. Word for Windows, Powerpoint and Excel software skills are necessary. Must be able to work independently and handle confidential information.

Celebrating 31 Years as Placement Specialists

Reardon Associates

27 Cambridge Street, Burlington
617-270-4400 • FAX 229-6814

B15-17

PageNet, the nation's
#1 paging company,
has excellent
opportunities for:

Inside Sales - Outbound Representatives

We are seeking part-time and full-time professional sales-oriented individuals with excellent communication skills to join our outbound inside sales team. We provide complete training and a state-of-the-art computer based software network to generate appointments for our direct sales staff. We offer a competitive compensation package with full benefits including a 401k plan.

If you feel you have the skills to be successful and would like to join the fastest growing paging company in the country, please call the Human Resources Department at (617) 272-7243, extension 419.

An Equal Opportunity Employer.

PAGENET

PERSONNEL RECEPTIONIST PART TIME

Professional temporary placement firm seeks an experienced receptionist to handle busy phones (new phone system with voice mail features!), data entry and word processing.

Hours needed are noon to 5:30 p.m. with the possibility of more hours to cover for vacationing secretary. This position is long term temporary but may evolve into a permanent opportunity. Great work environment! Call Janet to discuss position in more detail.

Advance Personnel Associates

617-273-4250

60 Mall Road Burlington, MA 01803

B15-21

CUSTOMER SERVICE REPRESENTATIVES

TAD Staffing Services has three top paying customer service openings in Lynnfield. Customer Service Representatives will be responsible for responding to consumer inquiries on a 1-800 line. In addition to providing product information, Customer Service Representatives will be responsible for all troubleshooting. If you have a minimum of six months customer service experience, two business references, a professional phone manner and computer skills, we have a position for you. TAD offers a competitive benefits package and referral bonus program. For more information about these long term opportunities, call TAD today.

(617) 272-9222 • Fax: (617) 272-5124

TAD

STAFFING SERVICES

5 Burlington Woods Drive, Suite 201,
Burlington, MA 01803

Equal Opportunity Employer B13-17

Not your typical telemarketing opportunity.

The Travelers is seeking telemarketers. Join us and you'll enjoy:

- Appointment setting only
- Quality leads provided
- NO COLD calling
- No product sales
- Flexible hours
- \$8-\$10/hour
- 100 hours per month employees will earn medical benefits
- Steady Employment

Call Ron Anthony 800-733-5523 X141 or 153

An Equal Opportunity Employer

"Long-term Care Insurance"
General Agent: Net Plus Insurance Agency, Inc.
Net Plus®

TheTravelers

B15-17

MAC & WINDOWS Secretaries • Word Processors Commitment #5 PRESTIGIOUS POSITIONS

Excellent temporary positions at the area's best companies are waiting for YOU!

Experience the Commitment!

Office Specialists

617-273-1472
44 Mall Road
Burlington

The Exceptional Temporary Help Service B13-17

BUSINESS

SALES REP WANTED

To sell Coated Abrasives, Bonded Abrasives, Mass. Finishing Equip, Ind. Wash Systems, Chemicals Territory N.E., Ma., So. Me.

Send resume to:
Assoc. Chemicals & Abr. Inc.
14 Baldwin Dr.
Branford, Ct. 06405
Attn: Tom Bennett

B10-16

Receptionists Data Entry • Clerks Your Skills + Experience \$ \$ \$ \$

Call TODAY to learn about top-paying temporary positions!

Office Specialists
Burlington
44 Mall Rd.
273-1472

B13-17

RECEPTIONIST SWITCHBOARD

Exciting opportunity for smart professionals with some typing and general office skills. Word Processing a plus. Superb telephone manner critical for this upscale company. This and other terrific assignments available.

Call Becky Mathis for more information
617-937-0111

NETWORK PERSONNEL
7 Alfred Street
Woburn

B15-21

Receptionist/ Office Support

Immediate entry level position requiring PC exposure. WordPerfect, light typing and strong organizational skills needed.

Send resume and salary requirements to:

Box 1752
c/o Daily Times Chronicle
1 Arrow Drive
Woburn, MA 01801

B8-15

Reception Short Term or Long Term Temporary

Front Office Coordination
KlevenTamps is committed to working with you to fulfill your goals.
We offer in-house software training and a bonus program.

One Cranberry Hill
P.O. Box 636
Lexington, MA 02173
617-883-8407
Fax: 617-881-1047

B13-17

Transcriptionist & General Office Duties

Qualifications: Extensive computer knowledge, detail oriented, organized and hard working. Excellent benefits. Send resumes to:

Joan Learned
CRR, Inc.
91 Montvale Ave.
Stoneham, MA 02180
617-279-4778

B15-21

ADMIN. ASST.

Growing company seeks temporary administrative assistant. 2 month commitment; may go permanent. Must have excellent keyboarding and word processing (WP6.0 or Word for Windows) and Excel or Lotus; but more important must be organized and flexible in the workplace.

For more info call
Becky Mathis at
617-937-0111

NETWORK PERSONNEL
7 Alfred Street
Woburn

B15-21

SHIPPER/ RECEIVER

Computer Exp. Long term assignment for intelligent computer literate individual with s/r experience. FedEx or UPS knowledge a plus.

Call Becky Mathis at:
617-937-0111
or more information

NETWORK PERSONNEL
7 Alfred Street
Woburn

B15-21

BUSINESS

OFFICETEAM

BURLINGTON — Marketing Representative. Perm, low \$20's plus bonus potential. Solid telemarketing, customer service experience required.

NORTH BILLERICA — Customer Service Rep. Perm, low \$20's. PC experience a plus. Experience dealing with customers as well as manufacturers required.

LEXINGTON — Secretary. Long term temp. MS Word, Persuasion. Very professional environment. Good phone skills required.

BEDFORD — Receptionist. Temp to permanent. General office work, excellent phone skills, great attitude required.

Many other temp, temporary to permanent and permanent opportunities available today.

OFFICETEAM

Specialized Administrative Staffing™

430 Bedford Street
Lexington, MA 02173

Tel: (617) 863-2744

Fax: (617) 861-8429

EQUAL OPPORTUNITY EMPLOYER B15-17

Administrative Assistant

Word processing (55 wpm) skills; excellent phone skills and general office duties required. Woburn location. 11 a.m.-7 p.m. Excellent benefits.

Mail resume to:

N.W.I. Investigative Group
500 West Cummings Park
Woburn, MA 01801

or fax resumes to 617-932-1177 B9-15

ADMINISTRATIVE ASSISTANT

Local office equipment company seeks part time office help. Must have good communication and organizational skills as well as basic bookkeeping and computer knowledge.

Please mail or fax resume to:

Metro Business Systems, Inc.
P.O. Box 2255
Peabody, MA 01960
(Fax) 617-246-3176

B15-16,20

Administrative Assistant

Immediate opening for highly organized and energetic individual at a brand-name women's shoe manufacturer. Position based in Customer Service Division. Responsibilities include processing of paperwork, coordination of information to sales reps in field, inventory control, customer contact and helping to keep Customer Service organized. Positive attitude, willingness to learn and ability to work well on a team are all important in this company. Proficiency in LOTUS and word processing (Amipro) required. Prior experience in shoe industry a plus, but not required.

Please fax/mail resume to:

Nina Overall
34 Third Ave., Burlington, MA 01803-4414
FAX: 617-229-9431 / 9163

Please No Phone Calls B10-16

ACCOUNTING MANAGER

Full time, liberal benefits. Challenging growth opportunity for dedicated hard worker.

Send resume with salary history to:

DCHS
389 Essex Street
Salem, MA 01970

B14-20

FULL-TIME INSURANCE CSR

Insurance agency has full-time opening for knowledgeable Customer Service Representative. Three years insurance experience a must; computer experience a plus. Successful candidate will be well-organized, able to work independently and possess good communication skills. Responsibilities include all areas of client service.

Please submit resume, including salary requirements to Robert J. Curley:
Joseph A. Curley Insurance Agency, Inc.
P.O. Box 490
Wakefield, MA 01880

B14-20

OFFICE POSITIONS

Permanent part time positions in Burlington area. Flexible afternoon hours 2:00-5:00 p.m. or 3:00-6:00 p.m. Paid sick, vacation and holidays.

Call Bob

617-229-2770

Equal Opportunity Employer B10-16

WOBURN AREA
(617) 933-3700
FAX (617) 933-3321

MALDEN AREA
(617) 321-8000
FAX (617) 321-8000

JOB MART

WOBURN • WINCHESTER • BURLINGTON • READING • WAKEFIELD • STONEHAM • WILMINGTON • TEWKSBURY
NO. READING • LYNNFIELD • MALDEN • MEDFORD • MELROSE • PLUS SURROUNDING COMMUNITIES



EMPLOYMENT SERVICES

BUSINESS

BUSINESS

GENERAL HELP

THE PETERSON SCHOOL
25 MONTVALE AVENUE WOBURN, MA 01801

9 OR 17 WEEKS

Train For Your Future

MAJOR APPLIANCE TRAINING

Starts March 13th
Mornings: Monday thru Friday (9 am to 1 pm)
Evenings: Mon - Tues - Thurs (6 pm to 9:30 pm)

Starts March 20th
Mornings: Monday thru Friday (9 am to 1 pm)
Evenings: Mon - Tues - Thurs (6 pm to 9:30 pm)

APPLIANCE SERVICING & REPAIR PROGRAM

Automatic Clothes and Dishwashers
Electric/Gas Ranges and Dryers
Refrigerators and Freezers/Window
Air Conditioners, Disposals, Compactors
Microwave Ovens, Water Coolers
Preventative Maintenance Service Manuals
Electrical Circuits Trouble Shooting

CALL 617-938-5656

SALES

Intelligent, self-starter for growing manufacturing company. Must have excellent verbal and written communication skills, familiarity with general office procedures, and customer service.

Looking for a well-organized person to expand current business and develop new markets. Some travel required. Mechanical ability a plus. Respond with resume and cover letter to:

John Manganiello
1 Nablus Way
Wakefield, MA 01880

Lytron, a leading manufacturer of heat transfer equipment, has an immediate opening for the following position:

MECHANICAL ASSEMBLER

Involves mechanical assembly of metal parts. Experience with hand tools, verniers, micro-meters and the ability to read blueprints are required. This is a fast-paced business requiring high energy, creativity and self-initiative.

We offer competitive salaries and a comprehensive benefit program. Hours are 7:00 a.m. to 3:30 p.m. with opportunity for overtime.

Come in between 8:00 a.m. and 3:30 p.m. and fill out an application.

LYTRON, INC.
55 Dragon Court, Woburn, MA 01801
WE ARE AN EQUAL OPPORTUNITY EMPLOYER

WITCH
PIPE SUPPORT SYSTEMS

FULL-TIME Warehouse Driver

We are a supplier of steel products to the construction industry.

We have an immediate opening for a responsible and cooperative person to make deliveries. Warehouse work is also involved. The qualified individual must have a good driving record and possess a class 2/CDL license. We offer a health insurance plan. A 401K savings plan is also available. The starting rate is \$8.00 per hour with a 90 day review. To be considered you must bring a copy of your current driving record.

If interested, please apply in person between 9:00am-2:00pm Monday through Friday.

Carpenter & Paterson, Inc.
225 Merrimack Street
Woburn, MA 01801
(617) 935-2950

OLSTEN STAFFING SERVICES
A LEADER IN TEMPORARY, TEMP TO PERM AND PERMANENT PLACEMENT. CURRENTLY HAS OPENINGS FOR:

CUSTOMER SERVICE - Part Time T-P. Woburn location, 1-3 yr. exp. \$9/hr.

SALES SECRETARY - W.P. 5.1. Andover, T-P. to \$24K

SECRETARY/RECEPTIONIST - MS Word, phones. Woburn. to \$25K

MAILROOM - Part Time. Woburn. \$7/hr.

This is just a partial listing of the many great opportunities we currently have available. We offer same week pay, benefits, paid vacation.

FOR MORE INFORMATION CALL:
Olsten Staffing Services 617-270-9490
20 Mall Road
Burlington, MA 01803

So Famous We're Hiding in a Hotel...

COOKS, SERVERS and RUNNERS
Full and Part Time

If you have an outgoing and upbeat personality, enjoy working in a fast paced environment and have hospitality skills that shine brighter than our silverware, we want you to join our team.

Allie's American Grille, newly open at the Burlington Marriott, is pleased to introduce their creative cuisine and fun atmosphere to Boston's "not always" discriminating diners. We are looking for a team of servers and runners that work with a smile. If you're the "right package", then we'll offer you ours which includes complete benefits for full time employees, associate discounts, uniform, flexible hours and training. Experience preferred. If you feel you have the qualifications we are looking for apply in person to our Human Resources department Monday through Friday from 9 AM to 5 PM to fill out an application.

ALLIE'S AMERICAN GRILLE

Allie's American Grille, Burlington Marriott
One Mall Road, Burlington, MA
Marriott Corporation and Allie's American Grille are
Equal Opportunity Employers - M/F/D/V

HOUSEKEEPER

Aberjona, Winchester's elegant Nursing/Rehab center, seeks a Housekeeper, 7am-3pm, 32-40 hours/week. Some previous experience desired.

Aberjona offers an excellent compensation package including full benefits. Please step in to fill out an application at our Reception Desk.

Aberjona
NURSING CENTER
184 Swanton Street, Winchester, MA 01890

OFFICE ASSISTANT

Sales office in Burlington has a part time position available M-F from 12:00-5:00 p.m. Some days earlier arrival will be required for a total of 25-35 hours per week.

Computer experience required. 401K plan available.

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FAX: 617-229-5640
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Apply to Volt and let us end your search. We have temp and temp to perm positions in the following areas:

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EOE B13-15

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RE: Billing/Payroll Asst.
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Burlington, MA 01803
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or
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In Waltham contact Gary 617-894-8839
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Chem-Dry on the North Shore, the carpet and upholstery cleaning specialists, has openings for full time entry level technicians' helpers. You must be dependable, motivated, conscientious, have clean, neat appearance and open availability. We offer full health and dental benefits, a congenial environment, incentive pay, holidays, vacations and the chance for advancement for the right individual. Call:

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If you have any of these skills we have jobs for you!!

Call TAD today, work right away!!

TAD STAFFING SERVICES
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Burlington, MA 01803

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Looking for experienced Receptionists with IBM or Mac computer knowledge.

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Entry Level Optical Machine Operator FULL TIME

No experience necessary. Neat work habits required.

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Housekeeping PART TIME FLEXIBLE HOURS
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Winchester

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Immediate JobS \$8-9 per hour

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Good phone manner and light computer skills helpful.

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Start This Week!
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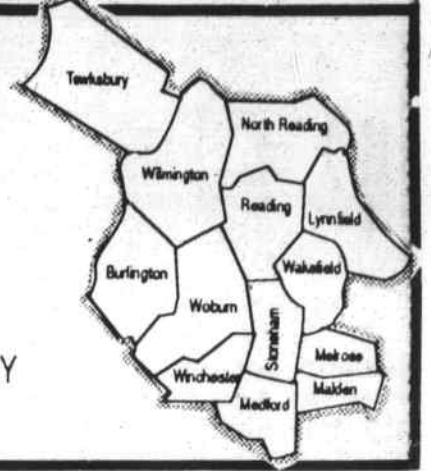
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G14-16



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- FULL/PART TIME WAITSTAFF**
- AM WEEKEND HOST-Hostess/CASHIER**
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- AM WEEKEND BUS PERSON**
- PM WEEKEND BUS PERSON**
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Weekends included
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Apply in person only at the front desk for the above positions

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An Equal Opportunity Employer G9-15

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Fast-growing irrigation service company seeking self-motivated person knowledgeable in all aspects of turf irrigation systems. Must have 3 to 5 years experience. Send resume to:
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944-6010 G9-21

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Please call:
617-221-0303
Speak to Anne G15-21

GENERAL HELP

CHARL'S ICE CREAM SPECIALTIES, INC.

242 SALEM STREET
WOBURN

ICE CREAM PACKERS

1 to 3 Days a Week
8:00 a.m.-3:30 p.m.

\$7.00 PER HOUR

Apply in person
No Phone Calls Please G9-22

FULL TIME • PART TIME DAYS OR NIGHTS

Waitress/Waiter Evening Bartenders

Stelio's RESTAURANT

508-658-9782 G10-16

PART TIME / FULL TIME

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CTM Brochure Display
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CALL:

508-663-8145
or **617-229-0111** G9-15



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Weekdays
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DELI HELP

18 and older

Call 508-658-8667

OR APPLY IN PERSON

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WILMINGTON G9-15

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Full time year-round employment. Interior and exterior residential work. Must have experience.

Call between 5-7 p.m.

(617)
334-5558 G13-21

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TAD STAFFING SERVICES
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Burlington, MA 01803 G13-17

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A part time position consisting of approx. 24 hours, 3 days a week. Must be mature, responsible and diplomatic. Ideal for a retired or semi-retired person. Knowledge should include some electrical, carpentry, painting, repair, minimal groundskeeping, hot water heating and boiler operation. Requires good physical condition.

Inquiries to:

The Arnold House
490 Williams St.
Stoneham, MA

Or call Mr. Mason at 617-438-1116 G9-15

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DRIVERS WANTED

Special needs transportation.
20-30 hours per week.

Vehicle provided.

Will train.

APPLY AT:

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Woburn, MA
or call

617-933-8474 G15-21

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SUPERVISORS

Two years experience required.

FULL AND PART TIME LABORERS

Competitive wages and benefits available.

508-664-2535 G15-21

KEM Associates, Inc.

is currently hiring Full and Part Time

SECURITY OFFICERS

Training and uniforms provided.
Weekend availability is required.

Call (617) 938-8323
between 9-5 G13-15

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RECEPTIONISTS
SECRETARIES
DATA ENTRY OPERATORS

TELEMARKETERS/
CUSTOMER SERVICE
GENERAL CLERICAL

Benefits: Top pay/vacation & holiday pay/kid care/senior care bonus & free software training.
Come in and apply today. Receive a \$25.00 bonus after working 80 hours. Must bring this ad with you.



VOLT SERVICES GROUP
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Woburn, MA 01801
(617) 938-6969 G15-21

EOE: Bring proof of right to work in U.S. Never a fee.

EXPERIENCED GARDEN CENTER PERSON

CASHIERS

MOTHER'S HOURS AVAILABLE

Experience preferred.

Now accepting applications.

Apply in person only.

Eric's Greenhouses

1090 Main St. (Rte. 128), Reading, MA G9-15

FOOD SERVICE POSITIONS AVAILABLE Full & Part Time

Full Time Person

Food preparation, some cashing, cooking and cleaning duties involved. Must have experience, good communication skills and be able to perform at a fast pace. In Woburn, not close to public transportation. Mon.-Fri. 7am-3:30pm.

Part Time Person

Pot Washing, Floor Cleaning and General Stocking duties. Must have experience, good communication skills and be able to perform at a fast pace. In Woburn, not close to public transportation. Mon.-Fri. 11:30am-3:30pm.

Call 617-935-4850

Ext. 349
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MON.-FRI. G10-15

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Full time position for large truck line. We seek an experienced Class A Diesel Mechanic with own tools. We offer an excellent starting salary and benefits package.

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MON.-FRI. 9 AM-5 PM

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33 Silva Lane
Draught, MA 01826
Equal Opportunity Employer M/F G13-15

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Call Paul:

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Reporting directly to the Engineering Services Manager, your responsibilities will include making engineering changes, generating detail, assembly and specification control drawings, and maintaining the CAD parts library. In this entry-level position, you will also produce blueprints and maintain engineering drawings, assign drawing and part numbers, and handle engineering data entry.

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Edwards offers comprehensive benefits including 401(k) and pension plans. For consideration, please submit your resume and salary history to: Human Resources, Attn: Lisa Burgess, Edwards High Vacuum International, 301 Ballardvale St., Wilmington, MA 01887. We are an Equal Opportunity Employer.



EDWARDS

Edwards High Vacuum International
A division of the BOC Group, Inc. G13-15

Yogels Cafe

Are you bright, outgoing and hardworking? If yes, 18 or older and want to work in the Food Service Industry, apply today!

SHIFTS AVAILABLE

Full or Part Time

and Supervisor

Opportunities

Monday-Friday

2:30 p.m. - 7:45 p.m.

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The best pay for the best employees!!

Call Walter at
938-9230 for an interview today.

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Woburn G10-15-16

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Spring Is Here!

Mahoney's is looking for:

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All shifts, afternoons, nights, weekends

Full Time (Cashiers only) & Part Time

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Full Time/Part Time

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HORTICULTURAL SALES

TURF EXPORTS

CDL DRIVERS

LANDSCAPE DESIGNERS

LANDSCAPE POSITIONS

ARBORIST

Please apply in person at: Mahoney's
Rocky Ledge, 242 Cambridge St.
Rt. 3, Winchester, MA 01890 G15-24

Bricklayer

Full Time

Local mason needs bricklayer for full time position. Salary equal to experience. Must have valid driver's license and transportation. Hard working, no bad habits.

(617)

932-4880 G9-15

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Please call today to find out more details or stop by our office:

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TEMPORARY SERVICES

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WAIT STAFF VALET PARKERS PART TIME OFFICE

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Stoneham G14-20

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Burlington & Andover, To \$9/Hr.

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Reardon Associates

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Marathon

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Please call:

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Bickford's Restaurant
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Woburn, MA G8-17

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Needed for our front office. Must have experience handling money and be good with figures. Work 1 weeknight 5 to 9 p.m., Saturdays and occasional Sundays.

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Love's Furniture
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617-438-9191 G15-13-15

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For appointment call:

617-932-9775
Monday thru Friday
10 am-4 pm G15-15



MOVIES

"Outbreak", Short Takes

by Rochelle Flynn
"Outbreak" starring Dustin Hoffman, Rene Russo, Morgan Freeman, Cuba Gooding, Jr., Kevin Spacey, Donald Sutherland, Patrick Dempsey. Directed by Wolfgang Petersen. Produced by Arnold Kopelson, Peterson, Gail Katz. Written by Laurence Dworet, Robert Roy Pool. Rated R.

A virus, always deadly and more contagious than the Black Plague, is killing the inhabitants of a small California town. Unless the government can stop it, it threatens to quickly spread across the United States and erase the entire population. Of course, sometimes the cure is worse than the disease.

Rene Russo is the doctor sent from Atlanta's Centers for Disease Control and Prevention to the first fatal outbreak. As the number of victims multiply, she is joined, against orders, by ex-husband Dustin Hoffman. He does the same work as Russo, but reports to Uncle Sam.

Hoffman, not what you would think of as Regular Army, is single-minded and slightly eccentric as the Biohazards doctor who doesn't like to take orders. And though he still adores his angry former spouse, Hoffman manages to annoy Russo every time he is in her presence. Their fractious relationship adds a human, and sometimes witty element to a story that could have been too clinical.

An impersonal, microscopic bug becomes a chilling time bomb as the doctors scramble to uncover the spread of the disease. In order to help find a cure, not only must they discover how the disease was introduced into this country, but in order to isolate it they must

track the footsteps of "Patient Zero." Director Wolfgang Petersen manages to reign in Patrick Dempsey in this infectious role, as the actor is slightly less mannered than usual.

Actually, most of the main characters are strong and memorable, which overcomes the fact that their co-star is an inactive blob on a microscope slide. Though a white-haired Donald Sutherland can still command a scene with the arch of an eyebrow, it is Kevin Spacey's economical and dryly humorous performance that is more impressive. And Cuba Gooding, Jr. is a bundle of frenetic energy and unseasoned good intentions as the newest doctor to join the army's specialized team.

The plot tangent involving the government's nefarious agenda regarding the disease adds a heavy dose of theatrics to an already spicy stew. Though you never doubt the possibility that such a virus could exist, or that the government might act in a fascist manner, the movie seems more familiar, less original, because of the army's actions. We've seen power-mad generals before, whereas an illness that causes a painful and hideous death is much more original. Though the army plot provides an opportunity for a thrilling helicopter chase and underscores the time element needed to cure the contagious enemy, it is also heavy-handed.

Short Takes

The Madness of King George offers a tour de force performance by Nigel Hawthorne as the 18th century

king afflicted with a physical ailment that aped mental illness. This shrewd and able man is revealed with humor and poignancy as he is debilitated not just by illness, but by enemies and primitive medical treatments. Unusual and fascinating, this is one of the few successful plays to translate intact on to film. Not Rated *** 1/2.

Roommates is an unexpected drama about role reversal and the ties that bind you. Peter Falk is an irascible baker in his seventies who takes in his orphaned young grandson. Years later, the adult grandson (D. B. Sweeney) must care for the strong-willed old man. Though winsome and touching, the story is always predictable and never reaches as far emotionally as it could have. Rated PG. ** 1/2

The Brady Bunch Movie is a groovy surprise in that it's clever without being self-conscious. The gags are a scream because the movie recognizes the general weirdness that was Brady. Remember, these folks lived on Happy Planet all the time. Director Betty Thomas takes all that euphoria and tunnel vision and transfers it into the manic, angry '90s. This flick may be short on plot and long on polyester, but it is also rife with humor aimed at the general public and in-jokes for those of us who grew up with the Bradys. Rated PG-13. ***

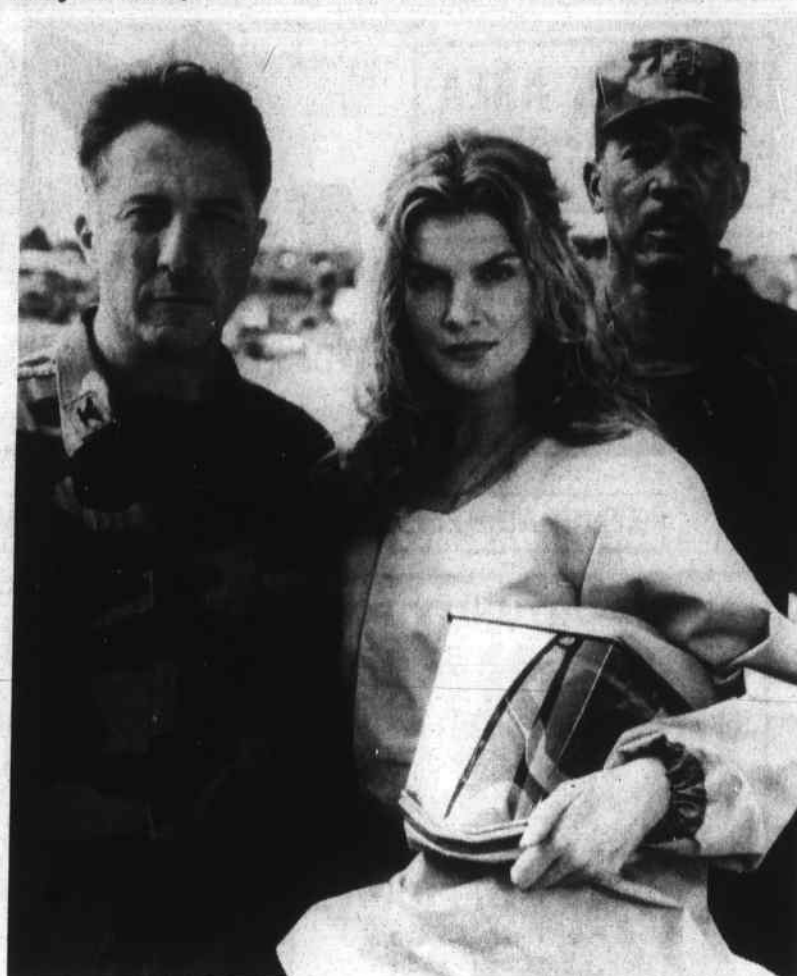
Hideaway makes you wonder how some movies find financing. Based on a Dean R. Koontz novel, this horror flick looks

great, yet completely lacks internal logic. Jeff Goldblum is brought back from the dead after an automobile accident, only to learn he has also brought extrasensory powers with him. Goldblum discovers he's psychically linked to a serial killer who is, naturally, after his daughter. Silly and stupid. Rated R. *

The Hunted is an amazing waste of time and indicative of Christopher Lambert's need for a better agent. In this chop socky fantasy, he plays a Western businessman chased across Japan after witnessing an assassination by Ninja warriors. The film lacks internal logic, the fight scenes feel too choreographed and Lambert is listless. Rated R. *

Just Cause is a fast-paced thriller that relies heavily on cliches and coincidence, but fall together by the end. Sean Connery is a Harvard Law prof who tries to save Blair Underwood, a Death Row inmate, from the electric chair. The most interesting character is played by Laurence Fishburne, a southern police officer who is both corrupt and well-meaning. The always overlooked Ed Harris turns in another intense and intriguing performance. Rated R. ***

Nobody's Fool is a good movie made better by Paul Newman's charismatic performance. Newman is a 60-year old construction worker with a lousy job, a dysfunctional divorced family, and a bum knee. But he also has a strong sense of self and knows how to apply humor to his dead-end life. The movie is a string of vignettes that needed a little more cohesion, but Newman, along with Jessica Tandy, Melanie Griffith, and Bruce Willis help make this a working class treat. Rated R. ***1/2



DUSTIN HOFFMAN as Col. Sam Daniels, Rene Russo as Dr. Robby Keough and Morgan Freeman as Gen. Billy Ford in Warner Bros' medical thriller, "Outbreak."

Rich Goldin at Linden Tree March 19

Popular children's performer, Rick Goldin, will be performing at The Linden Tree Coffeehouse on Sunday, March 19 at 3 pm. His simple and often silly songs, puppet routines, and movement activities capture the imagination of children of all ages. "Children are not interested in just sitting and listening to music," Goldin said. "They want to interact with the songs through singing and movement."

Goldin provides lots of opportunity for audience participation with his puppets, Henry the Horse and Al the Alligator. He has been writing songs for over twenty years. He began singing for children in 1986 while working as a full-time preschool teacher. He currently performs an average of 250 shows per year at schools, libraries, family concerts and community events. In 1992 Goldin released his first children's recording "Family Concert Live." It's a



Rich Goldin

delightful compendium of traditional participatory songs. It successfully captures the energy and spontaneity of his live show.

Tickets for this special concert are \$3 each and will be available on the day of the concert. Doors will open at 2:30. The Linden Tree Coffeehouse is located in the social hall of the Unitarian-Universalist Church, 326 Main Street, Wakefield. For information: 246-2836.

Catch local band, SEVEN TIMES

At **Kitty's**
Restaurant & Lounge
123 Main St. (Rte. 28) North Reading
664-4541



Friday, March 17th **THE St. Patti's Day Bash!**

Appearing 9:00 p.m. - 12:30 a.m.
Come hear classic hits from the 60's to the 90's like The Doors, Zeppelin, Beatles, Bad Co, Ozzy, S.T.P., Danzig, Offspring and more...

COME IN AND SIGN UP FOR FREE GIVEAWAYS

- INCLUDING
- (1) Free Membership at Tan-Rite including 15 Free visits w/comp. goggles located inside Videos Music & More
 - (2) Gift Certificates from a sporting goods store
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Ladies wearing **GREEN** Take \$1.00 off price of Admission w/this ad. 1 per customer

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Another Phil McTodd Production (603) 672-6460

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Be a Guest at the Wackiest Italian Wedding!

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LIFESTYLES SPRING 1995

Middlesex East



Let's get ready for Spring next Monday

It's that time of year once again, time to drop the remote control, trade in the pepperoni pizzas for carrot sticks, and lace up the running sneakers. That's right, Spring arrives next Monday.

With the onset of Spring comes the annual guilty feeling of sitting around all winter, watching the waistline grow bigger than the hole in the ozone.

MICHELLE MAISANO and daughter, Carli, age 6, of Stoneham, rollerskate around Lake Quannapowitt.

(Don Young photo)



Break out those sneakers Weekend Warriors

Those who treat fallen Warriors quickly see patterns of common pitfalls. As spring approaches and awakens the Weekend Warrior in many casual athletes, here are a few suggestions which may prevent one more casualty.

Obviously, the Weekend Warrior by definition, is one who gloriously steps upon the battlefield at relative infrequent intervals. He would like to think that it occurs every weekend when he automatically charges out of his identity in grand Superman style, but in reality the metamorphosis is far less frequent. This is just one of the many tricks that the mind of the Weekend Warrior plays on him. Another subtle, but very powerful mental lapse, is that after the age of twenty (or prime age of physical performance) the

Spring also means New Year's resolutions are a distant memory, and the exercise equipment received for Christmas is collecting dust after being used about three or four times.

But there is hope. There are plenty of ways for anyone to get into better shape and to feel good about themselves. Many area hospitals are holding free clinics and low-cost programs to get people on the road to healthy lifestyles.

The following hospitals have various activities planned: Boston Regional Health Center, Melrose-Wakefield Hospital, Winchester Hospital and many others. (See inside pages for more details.) In fact, March is National Nutritional Month, and most hospitals have special programs planned to celebrate the occasion. Go inside for many events and activities.



brain rarely adjusts its expectations on what the body is able to do. Thus, the groundwork is laid for all sorts of catastrophes.

While there are complex strategies to avoid this potential problem the simplest is probably the best, perhaps in the form of the Warrior asking himself some basic questions.

1. "Am I ready to...?" Gardening, walking, jogging, tennis, etc. all have a series of movements performed with a certain intensity over a period of time. If the Warrior is not at all in the habit or trained for these events, then risk or injury is much higher.

2. "How can I get myself ready to...?" To ask this question is a major accomplishment for the Warrior as it admits to less than immortal qualities and rational thinking. However, the plan must be reasonable. Throwing oneself with reckless abandon into a training program is just as disastrous as entering a main event without training. Gradual increases of activity over time will prove more successful. Before walking four miles, maybe one mile or one-half mile should be considered according to personal needs. Regular training at three or four times weekly is necessary before advancing the activity further.

3. When will I...? This is a very practical question. Many good intentions are lost from the inability to master a full or intimidating schedule. Planning ahead over the course of days and weeks is helpful.

4. "What shall I do?" This is a sad question: a Warrior without a Main Event. But it is asked usually by someone who has not seen action for some time, or who has received the command of a higher authority to "get moving." The essence of the Weekend Warrior is the zest and zeal of movement. The Warrior somehow embraces something he enjoys doing. It satisfies an emotional need as well as a physical one.

5. "Should I really do this?" Warriors have to pick their bat-

Cntd. to S-15

Don't be a couch potato this Spring

There really is no mystery when it comes to staying in shape. It's simple: eat right and exercise. This goes for people of all sizes and shapes. Even thin people should be concerned

about their diets and get regular exercise. The list of benefits to be gained from exercise may be longer than you think.

Besides burning calories, regular exercise can help you feel

like a new person. According to the National Cholesterol Education Program, exercising for 15 to 30 minutes three times a week will: give you more energy, relieve stress, give you

added strength to work and play harder and longer, firm muscles, and allow you to fall asleep easier. Thanks to exercise, your body becomes a fine-tuned machine.

The benefits don't stop there. The National Cholesterol Education Program also advises that exercise helps fight heart disease and common health problems, too. Shaping up and staying fit helps you tackle problems like high blood pressure, high blood cholesterol, diabetes, and obesity. A healthy heart means a healthier life.

Cholesterol doesn't discriminate

Everyone — even thin people — should be concerned about their intake of fat and cholesterol. The higher your blood cholesterol level, the greater your chances of getting heart disease. High blood cholesterol doesn't discriminate, either. It affects people of every ethnicity, males and females, young and old, tall and short. And guess what? It can happen to you, too.

How high is your cholesterol?

Everyone should get their blood cholesterol levels checked regularly. According to The National Cholesterol Education Program, if your cholesterol level is 200 mg/dL (milligrams of cholesterol per deciliter of blood) or greater, it may be too high.

Most people can lower high blood cholesterol by changing the way they eat. This doesn't mean giving up all the foods you love. Instead, you can learn to prepare foods differently and eat certain foods less often and in smaller amounts.

For lowering blood cholesterol, remember: less is more.

For more information on exercise and diet as a method to prevent high blood cholesterol, write: The National Cholesterol Education Program, C-200, 4733 Bethesda Avenue, Suite 530, Bethesda, MD 20814. HF933566

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Allen W. Tarro, DMD

TMJ treatment is specialty

The temporomandibular joints (TMJs) are the joints located just in front of each ear and allow for the opening and closing of the lower jaw. Each is essentially a ball in a socket arrangement: The ball is part of the mandible (lower jawbone) and the socket is part of the temporal bone of the skull. The joint is named the temporomandibular joint (TMJ) for the two bones that make up this articulation. Patients that have TMJ problems with symptoms of pain and/or dysfunction of the jaw need proper diagnosis and treatment for these problems.

Proper diagnosis is essential because TMJ problems can be inside of the joint or in the muscles and ligaments around the joint. Also, a combination of both of these problems often occurs. It is important to understand that a variety of causes may be involved in TMJ problems. If these causes are not identified and resolved or, at least controlled, TMJ treatment may be initially successful, but then symptoms return and the treatment ultimately fails. The initial treatment for TMJ problems usually involve resting the jaw and eating a soft consistency diet. Along with this, there

are a number of non-surgical treatments that may be indicated. These may include some or all of the following:

1. Medications (non-narcotic and not habit forming)
 - Nonsteroidal, anti-inflammatory meds (ex. Advil)
 - Muscle relaxant meds (ex. Flexoril)
2. Physical therapy
3. Stress management
4. TMJ splint therapy
 - Must be properly designed and balanced
5. Treatment of acquired jaw habits of clenching or grinding the teeth

These habits are usually stress induced and may require stress management or hypnotherapy.

TMJ problems that are not resolved by nonsurgical treatment may require surgery. It should be noted that most patients with TMJ problems do not require surgery, and statistically, less than five percent of TMJ patients will need surgical treatment. When indicated, however, there are two types of TMJ surgery that may be performed, open TMJ surgery and arthroscopic TMJ surgery.

Arthroscopy is a surgical technique that is much less invasive than open TMJ surgery. It also has been associated with less complications than open TMJ surgery, and it requires a shorter time in the hospital (day-care surgery only). TMJ arthroscopy is performed with a smaller version of the sophisticated instruments that have revolutionized knee surgery during

In Stoneham

Family Practice thrives

Stoneham Family Practitioner Luba Tsytkin, M.D. has been named a Diplomate of the American Board of Family Practice (ABFP), the certifying entity of the family practice specialty. She earned Diplomate status by passing the ABFP's certification examination and demonstrating efficiency in pediatrics, internal medicine, surgery, obstetrics, gynecology, psychiatry, prevention and other aspects of family practice.

Dr. Tsytkin provides care for patients of all ages from infancy to mature adulthood. As a family practitioner, Dr. Tsytkin is trained to provide each member of a family with specialized care, whatever their age or special needs may be. The specialty of family practice combines the latest in medical technology and knowledge with the personal and continuing care of traditional general physicians.

Dr. Tsytkin's office is located at 91 Montvale Avenue in Stoneham. She is a member of the Medical Staff of Melrose-Wakefield Hospital in Melrose. She shares her practice with Family Practitioner Marcia Lipski, M.D. She is a member of Ell Pond Medical Associates,

Inc., a partnership of physicians, nurses and support staff that provides a group family practice approach. As a team member of Ell Pond Medical Associates, Dr. Tsytkin provides a customized healthcare program for each patient and his or her family.

She welcomes new patients. Her office is easily accessible

from Routes 93, 28 and 128, and plenty of parking is available.

Ell Pond Medical Associates accepts most major health insurances, including BayState, Tufts Associated Health Plan, HMO Blue and many others.

Appointments may be made by calling her office at (617) 279-1110.

Osteoporosis can be prevented and treated

Most people don't think twice about walking down stairs or standing up straight. But for those who have been diagnosed with osteoporosis, simple everyday activities can cause pain or even fracture a bone.

Osteoporosis is a devastating disease in which bones become weak and more likely to fracture. Broken bones related to osteoporosis occur most often in the hip, spine, and wrist and can rob women and men of their health and independence.

Osteoporosis affect more than 25 million Americans. Fortunately, osteoporosis can be prevented and treated.

A new state of the art technology, Quantitative Computed Tomography (QCT), available at Boston Regional Medical Center in Stoneham, aids in the early detection of the disease.

A QCT study is performed on a patient in under 15 minutes using a CT scanner. The non-invasive, low-dose radiation procedure offers physicians greater diagnostic accuracy than alternative examinations by providing a very sensitive means to measure bone density.

"Today, more than ever, we can help people suffering for osteoporosis maintain their health and independence," says Dr. Robert Leone, chief of radiology at Boston Regional Medical Center. "Treatments are available that can slow down the bone-thinning process, provide relief from the pain, and add both quality and years to a person's life."

Contrary to popular belief, osteoporosis is not a formal part of growing old but early detection is important. Women are four times more likely than men to develop osteoporosis. Risk factors for the disease include a fair complexion, small frame, low body weight, low calcium diets, smoking, high alcohol consumption, high caffeine consumption and physical inactivity.

Individuals who suspect they may have or are at risk for osteoporosis should check with their doctor. Anyone with questions about the QCT technology available at Boston Regional Medical Center call (617) 979-7052.

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- An annual clinical examination with screening mammography performed at 1 to 2 year intervals, beginning at age 40.
- Clinical examination and mammography performed annually beginning at age 50.

Mammography services are available at Boston Regional Medical Center's main campus in Stoneham and at its North Reading Diagnostic Center on 21 Main Street.

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Drs. Lipski and Tsytkin have each achieved board certification in family practice, demonstrating proficiency in pediatrics, internal medicine, surgery, obstetrics, gynecology, and psychiatry. They have each completed a three-year residency in family medicine, and are trained to provide care for patients of all ages with a special focus on illness prevention and health education.

Very often, they provide care for entire families, which offers valuable insight into the well-being of its individual members. To assure optimal care, Drs. Lipski and Tsytkin work closely with specialists when needed while continuing to oversee their patients' care.

New patients are welcome at their office at 91 Montvale Avenue in Stoneham.
To schedule an appointment, please call (617) 279-1110

Ell Pond Medical Associates is a not-for-profit affiliate of Melrose-Wakefield Hospital. Evening and Saturday hours available.
Ell Pond Medical Associates accepts most major insurances, including HMO Blue, Tufts, Bay State, PruCare and many others.

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Health tips on CD

The average American gained six pounds while ringing in the new year. Using your home computer, you can shed that holiday cheer with a new CD-ROM program designed to help each member of your family key into better health.

Like having a family doctor and personal trainer accessible 24 hours a day in the privacy and convenience of your own home, the Total Health Body & Mind program from Scranton, Pennsylvania based ICS Learning Systems can help you.

Learn important facts and tips on such topics as dietary guidelines, maintaining a healthy weight, label reading,

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Designed for IBM compatible personal computers. Total Health provides detailed information for men and women of all ages including users, with special health conditions such as pregnancy, diabetes, heart conditions, bone and joint problems and physical disabilities. You progress at your own pace, combining text with graphics animation, video and sound.

Based on the answers you give to series of questions. Total Health provides specific recommendations for improvement and a three week prescription plan. After completing the plan, you can assess our health again to see how you've improved and revise your prescription.

Total Health is available for about \$69 at local software stores. For more information about how to guide your family to better health, call ICS Learning Systems at 1-800-828-2917.

Weekend Warriors

From S-13

ties carefully. The dilemma of acting prudently given effects of aging or past wounds versus the undaunting desire to "go out in a blaze of glory" should be recognized; perhaps it is a healthy tension nonetheless.

6. "Do I need professional help?" This question should not be used as a substitute for common sense which solves most problems if employed before an event. There are many physicians, therapists, chiropractors and other competent practitioners in the area who may be of help, says Vinny Gatto of Reading Physical Therapy. However, these can provide only part of the cure. For the true Weekend Warrior the cure lies within.



A REGIONAL RABIES CLINIC for dogs was held this past weekend at the Reading DPW garage for residents of Reading, Stoneham and Wakefield. Pictured above, left to right, are Steve Allgero and pet "Casey" of Reading, Reading Animal Control Officer Sue Tapley and Dr. Howard R. Hutchins of Center Animal Hospital in Stoneham. Dr. Hutchins is a Reading resident. Next rabies clinic, this one for cats only, will be held Saturday, March 18, from 1 to 4 p.m. at the Reading DPW garage on Newcrossing road. (Don Young photo)

Helpful and knowledgeable Physician's Assistants

Physician Assistants are being described as mid-level providers. They have more training than nurses but are not trained as in-depth as physicians. They are taking larger roles in providing primary care in physician's offices. They often see urgent and walk-in patients along with many common medical problems such as high blood pressure, diabetes, infections and arthritis. They allow the physician in the practice to concentrate on the more complex cases that require more time and perhaps complex testing.

The Physician Assistant works in concert with the physician to provide the highest quality of care to all the patients in the practice. Practices such as New England Medical Associates are using Physician Assistants to improve patient's access to care, particularly in the areas of care rendered to teenagers and women's health care. In today's managed care environment it is important to be able to provide as much health care as possible through the primary care physician's office.

Mid-level providers such as Physician Assistants and Nurse Practitioners are able to assist physicians in caring for a wide range of common ailments. They are well trained in the management of common diseases such as hypertension, high cholesterol, common infections, and routine cancer screening.

They also have excellent training for routine physicals, and work physicals. Physician Assistants are also able to see patients for physicians in nursing homes and in some practices they may help the physician in the hospital by assisting

with admissions and daily rounding.

When Physician Assistants work with the surgical sub-spe-

cialties they are often trained as surgical assistants and may see patients in post-op follow-up care in the office. For some patients seeing a Physician Assistant may be a new experience, but in most cases patients are very pleased with the quality of care and the time spent by these practitioners. Many patients wish to return to see the Physician Assistant for their routine care.

'Deafening Pain-Why Suffer?'

Anil Kumar, M.D. will present a lecture entitled "Defeating Pain - Why Suffer?" at Boston Regional Medical Center (formerly New England Memorial Hospital) on Thursday, March 30 at 7 pm.

Dr. Kumar will explore the common causes of pain, types of persistent pains and pain behavior. He will also discuss how pain can be treated with medications, surgery, manipulations, stimulations, alternative medicines, and belief and attitude therapy.

"Most pain can be decreased or made more bearable, and many times it can be cured," says Dr. Kumar. He believes that a high number of patients who suffer from chronic pain, particularly back and neck pain, headaches and cancer pain, can be helped.

Dr. Kumar is a board certified specialist in pain management.

The lecture is free. Registration is requested by calling 617-979-7016.

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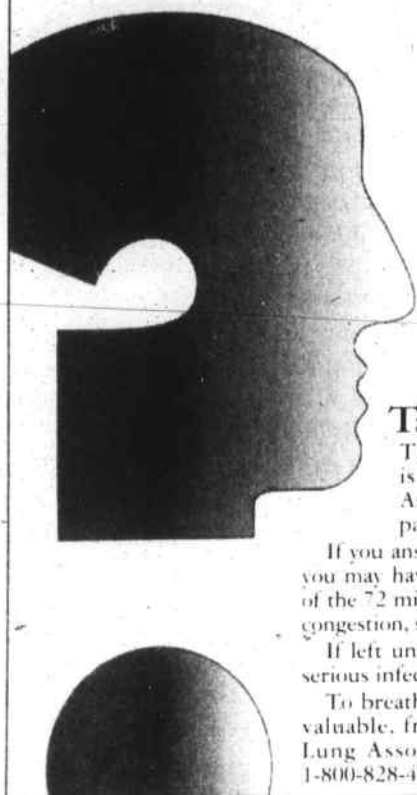
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- ┐ Do you have a stuffy nose more than three times a year?
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Do you need three or more pillows under your head to sleep? Get painful headaches around your eyes or nose? Have a stuffy nose more than three times a year?

If you answered "yes" to any of these questions, you may have a sinus condition and could be one of 72 million Americans who suffer sinusitis and allergies. If left untreated, a sinus condition can lead to serious infection, and health problems, especially during the chilly fall and winter months. That's why it's important to get symptoms treated, either with the right medicine at home or by calling your doctor.

This year marks the Third Annual Breathe Easier America campaign during which the American Lung Association and the makers of Tavist join forces in an educational effort to teach the public how to maintain

healthy sinuses and breathe easier.

According to the experts, many sinus problems can be treated at home with an over the counter antihistamine and or decongestant, such as Tavist-1, which contains the newest antihistamine to be available over the counter in ten years; and Tavist - D, once the most prescribed antihistamine/decongestant, now the most recommended by doctors. These two prescription-strength medications offer 12 hour relief from symptoms such as nasal congestion, runny nose and sneezing and are available without a prescription.

To find out if you're really breathing-take the T.E.S.T. Call 1-800-TAVIST-D to receive a free copy of the T.E.S.T. and the "Breathe Easier" brochure, which contains educational

information about your sinuses, including where they are and what they do as well as useful

information to help you manage your sinus health and valuable coupons.

Try "Flexible Fitness: The Arthritis Workout" program

A daily regimen of moderate activity is an important part of therapy to help manage the pain of osteoarthritis (OA). An estimated 17 million Americans have OA and as many as 85 percent of us will exhibit some symptoms by the time we reach our seventies.

"Many people with arthritis are anxious about starting an exercise program because they are afraid of aggravating their symptoms" says Harris McIlwain, M.D. a rheumatologist in Tampa, FL. "However a moderate exercise regimen can help relieve painful arthritis symptoms by increasing overall flexibility and helping to maintain a healthy weight."

Flexible Fitness: The Arthritis Workout, a new program sponsored by the Advil Forum on Health Education and the National Council on the Aging, guides participants through a fun, easy-to-follow workout. This program also provided helpful tips on staying motivated and explains how regular exercise can actually help manage the pain of arthritis.

The main component of this program is a video developed by a task force of respected experts and featuring actress Linda Lavin. The video provides useful information and an easy-to-

follow exercise routine designed to help improve overall flexibility. Participation senior centers across the country will receive the video and a package of educational materials, including:

- an exercise journal
- an exercise tip sheet
- an informational brochure discussing arthritis and exercise.

"Although there is no cure for arthritis, many of my patients manage their symptoms by exercising regularly, eating properly and using an over the counter medication like Advil, adds Dr. McIlwain.

For more information on Flexible Fitness, The Arthritis Workout or on arthritis in general, please write to:

The Advil Forum on Health Education
1500 Broadway
25th Floor,
New York, NY 10036

Dental implants, what's involved

WHAT IS INVOLVED IN PLACING IMPLANTS?

Implants cost significantly more than partial or full dentures and require a considerable investment of time. The implant process involves several steps and may take between six to nine months to complete.

Step 1 - The implants or anchors are placed into the jaw bone surgically.

Step 2 - The healing top of the implant is exposed three months (for the lower) to six months (for the upper) by the oral surgeon.

Step 3 - The restorative dentist constructs the final prosthesis (bridge, crown, etc.).

HOW TO SELECT A DENTIST TO PERFORM IMPLANTS

Implant Dentistry requires close cooperation between a team. This team is composed of the oral surgeon who places the implants, the restorative dentist to reconstruct the mouth and the dental lab technician who is particularly adept at implant technology. Before any implants are actually placed, there must occur a formal get together of the team to discuss the option

and create a final treatment plan.

WHAT TO DENTAL IMPLANTS HAVE TO OFFER?

Many people who have lost one or more teeth know the difficulty in replicating their natural teeth. Dental implants provide a means of coming as close as possible to your own teeth.

Whether you have lost a tooth or have a full or partial denture, dental implants may be an option for you. The implants serve as an anchor for the artificial teeth.

IMPLANTS CAN REPLACE ONE OR MORE MISSING TEETH

How do I know if implants are right for me?

During the dental examination, the condition of your mouth, the supporting bone in your jaws and the way your upper and lower teeth fit together will be evaluated. The dentist will need x-rays or dentures. This information when put together will determine whether you are a good candidate for dental implants.

Maxillofacial surgery

Jaw size and growth abnormalities are fairly common. We have all seen individuals with big lower jaws (prognathic mandibles) and small lower jaws (retrognathic mandibles).

These developmental deformities can have both tremen-

dous functional and psychosocial impact on the affected patient.

Common functional impairments may include premature loss of teeth because of traumatic occlusion, difficulty in chewing, TMJ problems, facial pain,

speech and airway problems.

Psychosocial problems are less obvious but even more pervasive. All you have to do is look at the comic page in the newspaper. The villainous and dumb characters all have exaggerated lower jaws. People with jaw deformities are unfortunately labeled. Correction of these jaw deformities is possible using a combination of surgery and orthodontics. New advances have minimized or eliminated the need to wire jaws together for healing. All incisions are now made intraorally with no facial incisions.

For more information contact Dr. Neil S. Horning, 370 Main St., Stoneham, 02180, (617) 438-7206.

APARTMENT HUNTING?

SEE OUR CLASSIFIED SECTION FOR A FULL LISTING OF APARTMENTS IN THIS AREA

U.S. diet low in crucial calcium

Americans need to consume more calcium than they now do in order to build and maintain healthy bones, the National Institutes of Health recommends in a report they issued.

The best sources are dairy products. A cup of yogurt or milk contains about 300 milligrams. Canned sardines with bones contain about 325 milligrams per 3 ounces. Green leafy vegetables also are good: turnip greens contain about 100 milligrams per half cup.

Here are the institute's recommendations for daily intake, by age group.

Age group	Calcium (mg)
Infants	
birth-6 mos.	400
6 mos.-1 year	600
Children	
1-5 yrs.	800
6-10 yrs.	800-1,200
Adolescents/young adults	
11-24 yrs.	1,200-1,500
Men	
25-65 yrs.	1,000
Over 65 yrs.	1,500
Women	
25-50 yrs.	1,000
Over 50 yrs. (postmenopause)	1,000
On estrogen	1,000
Not on estrogen	1,500
Over 65 yrs.	1,500
Pregnant & nursing	1,200-1,500

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Healthy

LIFESTYLES SPRING 1995



WARM TEMPERATURES drew people out of doors including Mon Barbara Kelly trends to her twins, Brian and Meghan, 2 years old of Penfield Circle, Wakefield.
(Don Young photo)

Maple sugaring a tradition

From late February through early April, Massachusetts maple producers busily gather sap from sugar maple trees and magically transform it into pure maple sugar. As winter starts to thaw, sugarhouses open their doors to visitors searching for nature's sweet treat.

Sugaring is the first true rite of spring in New England. Eager visitors arrive at maple groves to see how sap is gathered. As the extraordinary maple aroma thickens in the air, one can almost taste the sugar. Better yet, follow the steam that wafts from sugarhouses and sample pure maple products for yourself.

Maple sugaring is officially in business when the days become warmer, but unpredictable New England evenings still leave a frost on the ground.

The Massachusetts Maple Producers Association offers a free directory listing one hundred sugarhouses open to the public. From late February through early April, the Massachusetts Maple Phone (413-628-3912) gives callers daily reports on the boiling season. To receive a free maple producers directory, write: Massachusetts Maple Producers Association, Watson-Spruce Corner Road, Ashfield, MA 01330. As local conditions can account for one sugarhouse boiling when another is not, visitors should call the house of their choice beforehand.

Local ones include: Chester Hill Association (413-354-6337) in Chester holds the 10th Annual Maple Fest in the center of town, March 25, with a delicious Farmers' Breakfast.

Horse-Drawn wagons take visitors on tours of four local sugarhouses. Demonstrations take place throughout the day including Alaskan Huskies pulling dog sleds and oxen pulling sleds carrying the sap that has been gathered.

Blue Hills Trailside Museum (617-333-0690) in Milton offers instructional sugaring days, March 18-19. Families can learn about the process of tapping trees, watch how the syrup is made and hear stories about how Native Americans and pioneers used maple syrup. Samples are offered to all.

Those interested in preserving the environment that supports both wildlife and people should check out the maple sugar programs run by the Massachusetts Audubon Society.

Cntd. to S-19

Classes offered

Cooking healthy

Healthy Heart Associates teaches the skills of low fat low cholesterol cooking with a special touch. Each participant comes away with the ability to adapt low fat low cholesterol cooking techniques and eating guidelines to meet their own individual needs and preferences.

Healthy Heart Associates was created by Jim Semon, Linda Papalegis, RN and Rosemary Bill, RN, in the spring of 1993. Jim is Healthy Heart Associates' chef. As someone who had to suddenly change his way of eating for health reasons, he is the true inspiration of the group, and this is quite evident at their classes.

He states, "I was told that I should cut down on the fat that I ate, but there was nothing available to help me learn how to do it so that I could still enjoy eating and cooking. This why I felt so strongly that we had to develop this class to help others find their way in the Lifestyle of the 90's."

Linda and Rosemary are Cardiac Rehabilitation Nurse Specialists. Rosemary, who is also a Certified Diabetic Educator, feels that "the use of proper cooking techniques is the missing link to a person's ability to continue on a low fat low cholesterol diet for long term health benefits."

The cooking class itself consists of four evening sessions where participants are taught the basics of the low fat low cholesterol lifestyle and then are taught how to take it one step further to adapt the information to fit their own lifestyles.

The skills of reading food labels, modifying recipes, and choosing the best cookbooks are

taught, reinforcing the principles of the National Cholesterol Education Program and American Heart Association diet. Each evening four dishes are prepared by Jim and everyone gets to enjoy his delicious cooking.

Participants receive all recipes and a 45 page book writ-

ten by the group, "Healthy Heart Associates' Guide to Low Fat Low Cholesterol Cooking". Since their first class in September 1993, they have taught over 200 people how to love the low fat lifestyle. Recently their class has been approved by the Massachusetts

Cntd. to S-19

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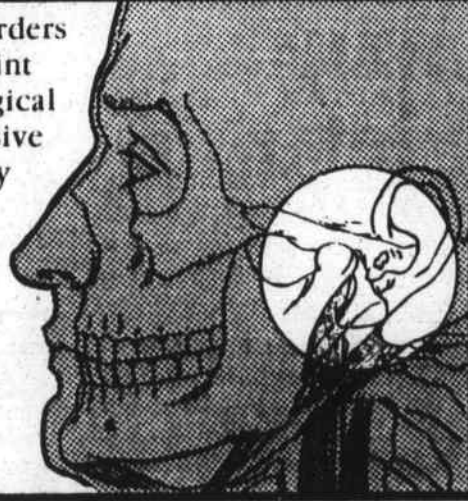
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GIVE ABILITY A CHANCE



I am young but not invincible. This I am wise enough to know. So many questions race through my mind about my mother. About me. About breast cancer. There's a history of it in our family. But the team at the Winchester Hospital Breast Care Center explained during an evaluation there's a lot you can learn about breast health. They try to teach women not to be afraid but to know. The center has all sorts of material on the subject, even a nurse coordinator that I can call if I have a question or concern. One of these days, I may even take a class or a seminar. The more I know, the less I'll have to fear. I am young but not invincible.

Healthy

LIFESTYLES SPRING 1995



Mammogram to the rescue

"I had three options"

Diane Conner had no particular reason to suspect she was at risk for breast cancer.

The 48-year-old Medford resident had always been conscious of her breast health. She performed a monthly self-exam, had an annual exam by her physician, and had regular mammograms. Although her paternal grandmother had a mastectomy when she was in her 70's, this did not put Conner at great risk.

But Conner's routine mammogram two years ago revealed microcalcifications in one of her breasts. Further tests revealed the growth was what is called ductal carcinoma in-situ - a pre-cancerous growth that had not yet spread. "It was just there waiting," Conner said.

Because it was discovered early through mammogram, doctors told Conner her condition was very treatable. She was referred to Winchester Hospital's Breast Care Center, a resource for breast cancer patients.

The Breast Care Center arranged for Conner to meet with a multidisciplinary team of doctors who explained possible treatments. "I had three options. I could do nothing at all, I could have a lumpectomy and radiation, or I could have a radical mastectomy," she said.

Conner consulted the Breast Care Center's library, and took home some reference books and videotapes to help her decide. She opted for the lumpectomy and radiation. Her treatment was successful, and she is currently cancer-free.

"I thought the multidisciplinary approach was a wonderful idea. It eliminated the hassle of having to set up all different appointments," she said. Conner's family was also invited to attend the meeting with the team of doctors. "They could ask questions, too. My family appreciated the fact that they

were involved with it."

According to the American Cancer Society, more than 180,000 American women will be diagnosed with breast cancer this year, 46,000 American women will die of breast cancer this year. A woman is a greater risk for breast cancer if she is over age 40, has a personal family history of breast cancer, has never had children or had her first child after age 30, or began her menstrual cycle at an early age or stopped menstruating late.

The ACS estimates that more than 80 percent of breast cancer are diagnosed in women who have no family history of the disease.

"The reason we push for mammograms is because you can usually detect cancer two to three years before you can feel it," said Denise Costello, Breast Care Center nurse coordinator. "If we are able to detect cancer at that stage, where it hasn't actually invaded, it is very curable, very treatable."

"Our main goal at the Breast Care Center is to keep a woman's anxiety level down by keeping her informed, to move quickly and get her results," said Costello. "We really guide them through the whole process." The Center also offers a number of support groups to help women cope with emotional and psychological issues related to having cancer.

"Mammograms definitely impact survival," said Dr. Beverly Bowker, a medical oncologist affiliated with Winchester Hospital. However, because 10 to 15 percent of lumps that can be felt do not show up on a mammogram, she stressed that monthly self exams and an annual exam by a physician are important parts of the equation.

While Bowker said 8 out of 10 breast lesions are benign, being able to detect them early through a mammogram allows fast, effective medical attention for those that are cancerous.

The ACS recommends women get a baseline mammogram at age 40. Between the ages of 40 and 49, women should have a mammogram every 1 to 2 years. After age 50, ACS recommends women have a mammogram every year.

Costello said older women - who are at greater risk - are the ones who are most hesitant to have a mammogram. "There is a lot of fear involved around this...People are walking around with visions of radical mastectomies," said Costello. "Knowledge is important. We're teaching women not to be afraid, to know about their bodies."

Costello said a minimal amount of radiation is used, and that generally the exam is not painful. "It's something that's so easy. Women don't need to have fear about this," she said.

In an effort to encourage more women to have regular mammograms, Costello is currently working with the American Cancer Society on a program called "Tell A Friend." Through Tell A Friend, women volunteers are trained about mammograms, breast care, and health insurance issues as well as support services that are available.

"Instead of using health professionals, we're educating women so they can tell their peers," said Costello. "Volunteers call five friends on the phone, get together for coffee,

Eye pressure and you

Glaucoma is a condition in which pressure created by fluid in one or both of the eyes builds up to an abnormally high level. When this pressure, called Intraocular Pressure, remains elevated over a period of time, damage to the nerve of the eye, called the optic nerve, occurs. The elevated eye pressure can compress and damage the nerve fibers which interrupts the transmission of visual messages from the eye to the brain. If glaucoma is left untreated, the result is a permanent and irreversible loss of vision and ultimately, blindness.

Glaucoma is one of the leading causes of blindness in people over 40. Glaucoma can be inherited, and therefore if a family member is known to have glaucoma, the chance that other members of the family may develop or have glaucoma is increased.

Glaucoma, like high blood pressure, is usually a silent disease. A person may not know that he or she has glaucoma because a person usually cannot sense that their eye pressure is elevated. Sometimes, the only indication of having glaucoma is the presence of blurry vision, which may indicate that damage to the eye is already occurring.

There are two different kinds of glaucoma, open angle, which is the most common type, and closed angle or acute glaucoma which is relatively rare. In open angle glaucoma, the drainage channels are open but slowly become clogged over time resulting in a gradual rise in the eye pressure. There is usually no pain with this type of glaucoma. However, acute glaucoma or closed angle glaucoma is different from open angle glaucoma

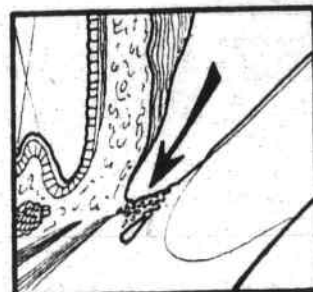
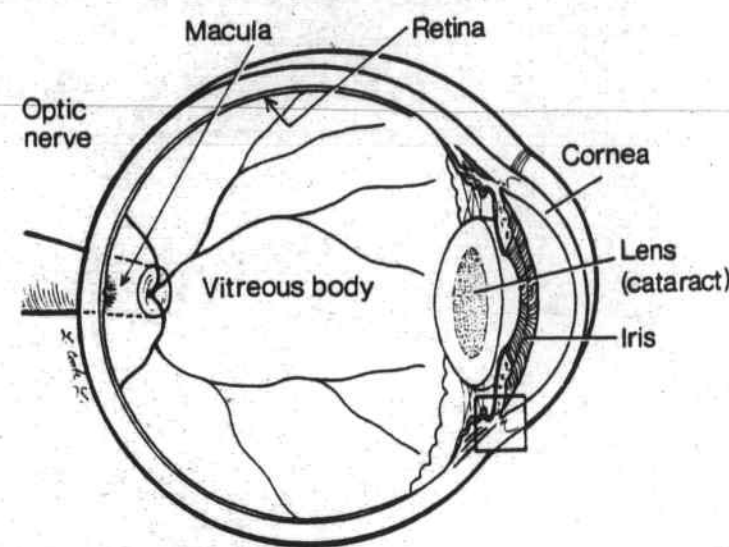
fee, whatever, and talk about the importance of mammograms. The volunteer helps that person eliminate any of the barriers, whether it's a ride, insurance issues..."

"One of the goals of the Tell A Friend program is to target women over 65," said Jennifer Weil, a program director for ACS. "A lot of women have the sense that they don't want to know. They're also afraid it will be embarrassing, intrusive and expensive." Tell A Friend helps alleviate those fears.

Costello and Weil both said that, as a state, Massachusetts is supportive of breast health. By state law, health insurance plans must cover mammograms in some form. And, there are a number of programs through which women can get a free mammogram. For more information, call 1-800-ACS-2345.

Conner said she's an example of the effectiveness of mammograms.

"It takes a lot of energy to worry about something you can't do anything about," she said. "The earlier you catch it,



Glaucoma (drainage pathway)

because the eye pressure goes up very quickly, within a matter of hours, due to complete blockage of the drainage channels by the iris. Acute glaucoma usually causes a sudden decrease in vision and a painful red eye. It required immediate treatment.

Glaucoma can't be cured, but it can be treated and controlled. The treatment for glaucoma includes eye drops, oral medications, laser surgery, and micro-surgery. Eye drops are the most commonly prescribed treatment for glaucoma. There are many different types of glaucoma medications which act to lower the eye pressure. In many cases, eye medications alone cannot control the eye pressure at which point, Laser Surgery may be performed to help lower the eye pressure. The laser makes a

small burn or opening in the drainage channels to improve drainage and reduce the eye pressure. In severe cases of glaucoma, micro-surgery of the eye is required to make a new channel in the eye which allows the intraocular fluid to bypass the clogged drainage channels.

Individuals with glaucoma are also at risk for other eye problems. One of the things to watch out for is the formation of cataracts. The symptoms of cataract also include blurry vision, glare and problems with reading or driving at night. Cataracts are a common disorder, more common than glaucoma. However, if a cataract does form, the only way to treat it is to have the clouded lens in the eye surgically removed.

Mark A. Latina, M.D., a specialist in glaucoma and eye surgeon who trained at the Massachusetts Eye and Ear Infirmary, spends part of his time conducting clinical trials to investigate new medications that show promise to treat glaucoma. He conducts these examinations at his office at the Reading Medical Center. Dr. Latina is also one of the leading authorities in the treatment of glaucoma with laser surgery who has lectured nationally and internationally of the laser and surgical treatment of glaucoma. As a fellow of the American Academy of Ophthalmology, he teaches other ophthalmologists in the use of lasers to treat glaucoma. Dr. Latina has developed and patented several laser procedures to treat glaucoma.

Dr. Latina is a member of the medical staff at Winchester Hospital, Melrose-Wakefield Hospital, Malden Hospital and the Massachusetts Eye and Ear Infirmary.

Sight is the most precious sense and fortunately, there is something that can be done to protect eyesight. The best defense is to have regular eye examinations by an ophthalmologist, especially if over the age of 40. Early detection and treatment are the only ways to prevent permanent loss of vision. So keep an eye on eye pressure and make sure to see an ophthalmologist routinely.

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Healthy

LIFESTYLES SPRING 1995



Home spas provide therapy

VISTA, CALIFORNIA - For centuries, health conscious people have appreciated the healthful benefits of soaking in natural hot springs. As far back as ancient Egypt, hot springs have been cherished as places of soothing retreat and as a means of reducing pain.

In recent times, hot water therapy has gained the endorsement of physicians and athletic trainers for the treatment of pain and injuries.

"We've been recommending hot water therapy for our patients with rheumatoid arthritis or sports related injuries," said Rich Richley, M.D., a San Diego Orthopedic Surgeon.

"Our objective is to obtain deep-heating action. Hot water, as opposed to dry heat or lotions, allows heat to penetrate more deeply in the tissues,

which is most beneficial for relieving pain and tension," Richley said.

Many other medical professionals promote hot water therapy for the treatment of lower back conditions, stress reduction, and as an aid to better sleep.

Today, many Americans enjoy the benefits of hot water therapy at home through the purchase of their own portable spas.

"In our stressful world, people are looking for better ways to relax, and there's no better place to unwind than to soak in a portable spa in the comfort of your own home," said Steve Hammock, executive vice president of HotSpring Portable Spas, the nation's largest portable spa manufacturer.

"And perhaps more importantly, it's fun," Hammock added.

Both research and feedback from consumers show more Americans are learning from the benefits of spa use. People are becoming focused on personal improvement - both mental and physical - and are looking to spend more quality time at home. Home spa address both of these issues.

A few minutes immersion in hot water causes a rise in body temperature and an increase in circulation. In addition the buoyancy of water produces the enjoyable sensation of weightlessness.

Add the massaging benefits of the hydrojets, and there is the perfect environment to relieve nervous tension, relax sore muscles, and induce restful sleep.

Cooking class

From S-17

Nurses Association to award 9.6 CEU's to RN's for participation.

Classes Meet four Thursday evenings, from 6:30 to 8:30 at the Greater Boston Academy in Stoneham. There next sessions begin April 5 and 6. For reservations or information, call Healthy Heart Associates at 617-322-9218.

An example of the cooking taught is the following recipe:

Chicken Tenders with Creamy Dill Sauce

1 lb. chicken tenders
canola oil cooking spray
1 1/2 cup sliced mushrooms
1/2 cup minced onion
1 (12oz) can evaporated skimmed milk
1 1/2 Tbsp. reduced calorie margarine, melted
3 Tbsp. flour
1/2 cup water
1 tsp. low sodium chicken bouillon

1 1/2 Tbsp. fresh dillweed
1/8 tsp white pepper
2 Tbsp. dry white wine
1. Remove vein from chicken tenders. Cut into bite size pieces. Coat a large skillet with cooking spray. Place over medium heat until hot. Add chicken and cook until no longer pink. Remove from pan and set aside.

2. Wipe drippings from skillet with paper towel. Coat with cooking spray and place over medium heat until hot. Add mushrooms and onion and saute 3 minutes. Remove.

3. Combine milk and margarine in skillet. Add flour, stirring until smooth. Place over medium heat, add mushroom mixture, water, bouillon, dill weed and pepper. Stir continuously for about 8 minutes, until thickened and bubbly. Add chicken and wine. Stir until well combined. Serve warm.
SERVES:4



CARDIO STUDIO OWNER LESLIE ABREU leads her class in step aerobics at her 197 Main St., North Reading studio. (Don Young photo)

Take a walk for Diabetes

While most doctors will tell you a brisk walk every day can be good for your health, it's also true a special walk on a particular day can be good for the health of a lot of others as well.

This walk is the American Diabetes Association's one day event to raise awareness about diabetes and contributions to help battle this serious disease. It's the Association's largest fund raising event and it takes place on either Saturday, October 1 or Sunday October 2, 1994 depending on location.

You can sign up for Walktoberfest by calling 1-800-254-WALK.

The association is the nation's leading nonprofit health organization supporting diabetes research, advocacy and information for patients, health professionals and the public.

Walkers and volunteers can choose to participate at one of the more than 200 sites across the United States. There will be between 500 and 1,500 participants at each site. This year walk a Thon is expected to enjoy a record turnout-more than 100,000 participants and raise more than \$6 million for diabetes research and programs.

Maple sugar

From S-17

"Sugaring Off" at the Massachusetts Audubon Ipswich River Sanctuary (508-887-9264) in Topsfield offers instructional seminars, guided tour for groups, and family tours. The Moose Hill Wildlife Sanctuary (617-784-5691) offers Sweet Sundays throughout March. Visitors can walk a sugarbush trail and learn about the area's natural history, and Native Americans and early colonists that inhabited the region.

For a Massachusetts Getaway Guide, contact the Massachusetts Office of Travel and Tourism, 100 Cambridge St., 13th Fl., Boston, MA 02202, 800-447-MASS.

Girls just want to have.....privacy

Girls just want to have privacy, that is one of the many benefits to being a member at Cardio Studios Women's fitness club! With a women's club women know that every thing will be tailored to the needs of women in today's world.

With hectic schedules it's difficult to find time for a fitness program but studies show it's one of the best stress busters available! That's why they offer over 34 nautilus and free weight equipment in the expansive workout room! Women will also find a sitting service 6 days a week and 3 nights to help accommodate moms with ever changing schedules. Just one visit and you can see the care and expertise that's put into this club for women!

More and more doctors are advising people to exercise on a regular basis. With the relaxed

and comfortable atmosphere at Cardio Studios women can workout without the pressure of over crowding or waiting in long lines at every piece of equipment. "The idea I had in mind was to be able to offer to women all the amenities that the big health clubs of today have but with a much more relaxed and comfortable environment. The women's only health clubs of yesterday could not keep up with the fitness demands of today's women because they never really evolved with the women themselves," says co-owner Leslie Abreu.

If this doesn't entice you to take a stop by let me just tell you the results from one study done by Jean Mayer at the Human Nutritional Research Center on aging at Tufts University. It says that after one year of strength training women emerged from this study physiologically younger by 15-20 years than when they began! They believe you can literally turn back the clock to strengthen the bones and muscles before they deteriorate! Another myth is that exercise will increase ones appetite!

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Attend a seminar with Medical Director Vito Cardone, M.D. and his colleagues to explore the causes of infertility, its emotional impact, and medical advances such as IUI, GIFT, ZIFT, and IVF. Learn more about their Donor Egg Program, one of the most successful in the region. Explore breakthroughs in treating male infertility including Assisted Microfertilization (ICSI) and Assisted Hatching.

Fertility Center of New England, Inc.
20 Pond Meadow Drive, Suite 101, Reading, MA
Wednesday, March 22, 1995 • 7 PM to 9 PM

Contact Jeri Levasseur at (617) 942-7000 for reservations and directions. This is a free educational program.

FERTILITY CENTER
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Middlesex East



Healthy

LIFESTYLES SPRING 1995

New types available

Dental implants popular

New types of dental implants are now available to help overcome problems people have had in replacing missing teeth. The latest techniques provide less expensive, quicker, and more versatile implant usage.

New procedures allow implants to be placed into areas of the mouth where previous bone shrinkage had prohibited their use. Now areas of bone can be filled, widened and expanded to make replacement

of missing teeth a highly predictable procedure.

Newer and simpler types of implants allow shorter treatment sessions, often lasting less than an hour. Most people are then able to return to work the next day.

As the use of implants increases, costs can be reduced. As techniques become simple, the time spent in the dental chair is reduced.

Most people who have had

implants placed report that they feel very much like real teeth. They offer security and confidence when chewing food and speaking in public.

Implants are placed by a team consisting of an implant surgeon, a restorative dentist, and a laboratory technician trained in implant dentistry.

To see if you are a candidate for dental implants, you can contact your local oral surgeon or dentist.

Search for the perfect swing

"I sit on the rear bumper of my car, remove my spikes from the trunk, slide them on and head to the first tee with my bag slung over my shoulder and a brick between my ribs." Regardless of the level of skill, all golfers experience this sensation on the first tee. So as not to discourage anyone contemplating taking up the game of golf, the brick leaves after the first tee and the pleasures abound.

Tom Stewart, in A Tribute to Golf, states that "Golf is an arena for realizing human potential. It is a marvelous blend and confluence of body, mind, psyche and spirit."

Does it surprise you that golf is increasing in popularity faster than any sport? In the United States there are expected to be 40 million players by the year 2000. On Monday mornings around the world, in front of coffee machines, most will share with each other the tee-shot they hit "on the screws," the approach shot that hit the pin, or the 30-footer that snaked its way into the hole.

If you have not been there, be prepared to walk the equivalent of some five miles with three friends while experiencing some of the most beautiful real estate around. Aside from the obvious

physical benefits of the sport, and more importantly, golf offers its participants an opportunity to experience nature, escape from the real world, and instills a sincere appreciation for the traditions of the sport. Within the "boundaries" of the 18 holes exists a world unto itself.

The nature of the game is one of patience. Success in golf comes slowly, through lessons and long hours of practice. From the first time you hold a club until you leave the face of the earth, you will be on a mystical journey in search of the answers. There will be a never-ending supply of books, magazines and tapes promising to give you the answers. You will never be fully satisfied with your swing. Not to be discouraged, this is a beauty of a game.

So continue to search for the perfect golf swing, knock strokes off your score, but, always remember that every time you step on the first tee, you are a winner, because the real value of this wonderful sport comes from the things we don't record on a scorecard.

At Ironwood Year Round Golf, you can hone your skills, 9 a.m. to 11 p.m., seven days a week. Call or stop by for a free demonstration or call (617) 933-6657 for information or lessons.



REI BICYCLE DEPARTMENT HEAD Bill Douglas gives pointers to customer Rick Gauthier. (Don Young photo)

Patient medicines explained

Pharmacy computers teachers

Medicines treat a wide range of illnesses -- and trigger an even wider range of questions about side effects, interactions with other medications, missed doses and more. Pharmacies and health care providers across the nation are focusing their efforts on counseling patients for better compliance and empowering patients by education them about their health needs.

Craddock Apothecary, at 44 High St., Medford, has introduced Healthtouch®, the premier interactive health information kiosk. Healthtouch serves as a free source of reliable health and medication information for patients that is easily accessed by a friendly, easy-to-use touch screen. In addition, the patient can choose to print any of the materials to take with them for future reference.

Healthtouch provides essential patient information on nearly 5,000 medicines, both over-the-counter and prescription. The drugs can be found under either brand or generic names. Healthtouch is based on the nationally accepted standards of Medi-Span®. The drug information is augmented by authoritative information from some of the most well-respected sources for health information.

In addition to drug information, customers can also get information on cancer from the American Cancer Society, diabetes from the American Diabetes Association, arthritis from the Arthritis Foundation, heart disease from the American Heart Association, and respiratory diseases (asthma, emphysema and smoking) from the American Lung Association, to name just a few of the databases available exclusively in Healthtouch.

Consumers look up their information without having to use a computer keyboard because Healthtouch uses a special touch-sensitive screen. Because of this, Healthtouch is

easier to use than an automated teller machine. The colorful screens, easy access methods, and free information leaflets (available in regular and large size type) have attracted steady use nationwide.

Developed by Medical Strategies, Inc., of Columbus OH, Healthtouch contains information that is easy to read and easy to understand. All leaflets are written in eighth grade English (in marked contract to package inserts, which duplicate the Physician's Desk Reference, written in technical jargon).

For further information on the Healthtouch, please contact: Robert Surabian, Craddock Apothecary, 44 High St., Medford.

At the Stone Zoo.....

The Friends of Stone Zoo have a busy schedule on the following dates:

March 24: Friday Family Fun Nite; Education Resource Center; 6:30 pm to 8:30 pm.

March 26: Recycle at Stone Zoo; redeemable cans and bottles; parking lot; 10 am to 3 pm.

April 2: 5th Annual Walkathon for Stone Zoo; Lake Quannapowitt; 10am to 4pm.

April 2: Mother Goose; Education Resource Center; 5pm to 7pm.

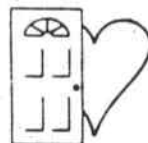
April 17-23: Spring Fling Carnival; parking lot at Stone Zoo.

April 30: Recycle at Stone Zoo; parking lot; 10am to 3pm.

For more information about these events, call The Friends of Stone Zoo at 617-438-7549.

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Dr. Kumar is pleased to announce the practice of multi-disciplinary approach for the diagnosis and treatment of pain. Alternative Medicine techniques are also utilized when indicated.

Dr. Kumar had residency training at the Johns Hopkins Hospital, Baltimore, then a clinical and research fellowship at the Massachusetts General Hospital, Boston. He is a diplomate in the American Board of Pain Medicine.

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- | | | | |
|----------------------------|-----------------------|--------------------------|-----------------------------------|
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| - Fibromyalgia | - Pelvic pain | - Post Thoracotomy Pain | - Cancer pain |
| - Failed back surgery | - Arthritis Pain | - Backache/Sciatica | - Myofascial pain |
| - Facet Disease | - Diabetic Neuropathy | - Neck and shoulder pain | - Chronic Fatigue Syndrome |
| - Herniated Disk Treatment | - Facial Pain | - Neuralgias/Neuropathy | - Shingles/Postherpetic Neuralgia |

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